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07/2009

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The chemicals threatening our beaches

TWO youngsters having a great time down by the sea. It's hard to think of a happier scene. Look again, though, and you may well see something very disturbing about this happy snap. For what appears to be natural bubbles left by a small ocean wave are not bubbles at all – but the grey-coloured remnants of chunks of polystyrene that have slowly disintegrated in the salty sea and washed up on this otherwise beautiful sandy beach. If you were able to expand this same photograph to take in the rest of the beach, you'd see that the same grey muck pollutes its entire length.

Where does this nasty oil-based pollutant come from?

Fishing boats. In recent years Thailand's fishermen have replaced traditional materials like cork for use as floats to mark the position of nets with much cheaper polystyrene. Lots of it. Indeed, polystyrene is so cheap and plentiful, the fishermen couldn't care less if it breaks away and is lost to the sea. Much of it ends up on Thailand's beaches, either as blocks or in the form of that grey scum. Apart from the unsightly nature of this man-made material, its widespread presence in our oceans is extremely worrying. For it is widely believed that substances like this may contain harmful chemicals such as bisphenol, which has been linked to a number of ailments in humans, including chromosome damage and hormone disruption.

Obviously no one is suggesting that youngsters playing on a beach polluted by decaying polystyrene are likely to consume infected water. The real danger lies in the potential for sea creatures to ingest the chemicals released over time by the polystyrene floats. And they include the very fish the trawlers are catching for human consumption later on. An extremely hazardous chain is formed, with the full effects on humans not yet fully known. However, one look at the muck washed up on our beaches is enough to tell you something very wrong is happening.

The solution, of course, is to ban fishermen from using polystyrene. Such a move would naturally have to come from the government, which needs to act straightaway to avoid a disaster in the making.

HUA HIN

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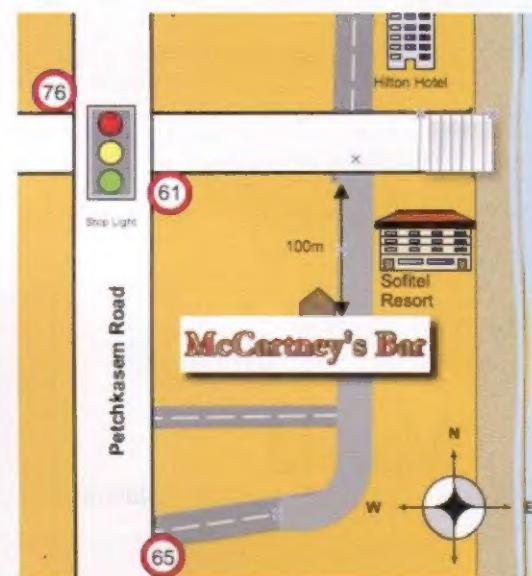
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July 25 at Infinity Hall, Siam Paragon Shopping Centre

Battle of the Year 2009

HEAD-spinning entertainment is guaranteed at this year's annual breakdancing competition. Catch Thailand's finest dancers unleashing their moves in the hope of reaching the Asian finals, held in Singapore on August 1, which is one step closer to world fame - the winner of the latter heads to Germany in October. See www.botythailand.com for more info (website mainly in Thai).

Infinity Hall, Siam Paragon Shopping Centre, BTS Siam.

Le Castle Vania

July 16 at Club Culture

ELECTRIC disco is the order of the day when US DJ Le Castle Vania takes control of the decks at Club Culture on July 16. For his first tour of Asia, Vania brings with him a sterling reputation for whipping up a dance floor frenzy. Also spinning tunes will be The Diet Pills.

Entry is 550 baht including two free drinks. Buy tickets in advance for 100 baht discount at Email: Oxygene.Entertainment@gmail.com. Club Culture, Open 9pm - 2am. Located near Phaya Thai BTS

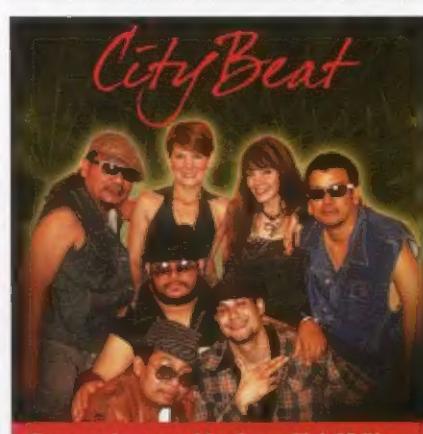


Until 15 January 2010 at ThreeSixty

LaDee Streeter

SIP cocktails at Millennium Hilton Bangkok's ThreeSixty jazz lounge and enjoy the sultry vocal styling of LaDee Sutra, a South Carolina native who's extraordinary voice has led her on an international career as a live performer working with legendary artists such as Stevie Wonder. Catch her performing every evening, Tues – Sun.

Millennium Hilton Bangkok, 123 Charoennakorn Road, Klongsan, Bangkok. Tel: 02 442 2000 www.hilton.com



Every night except Monday at Club 87 Plus

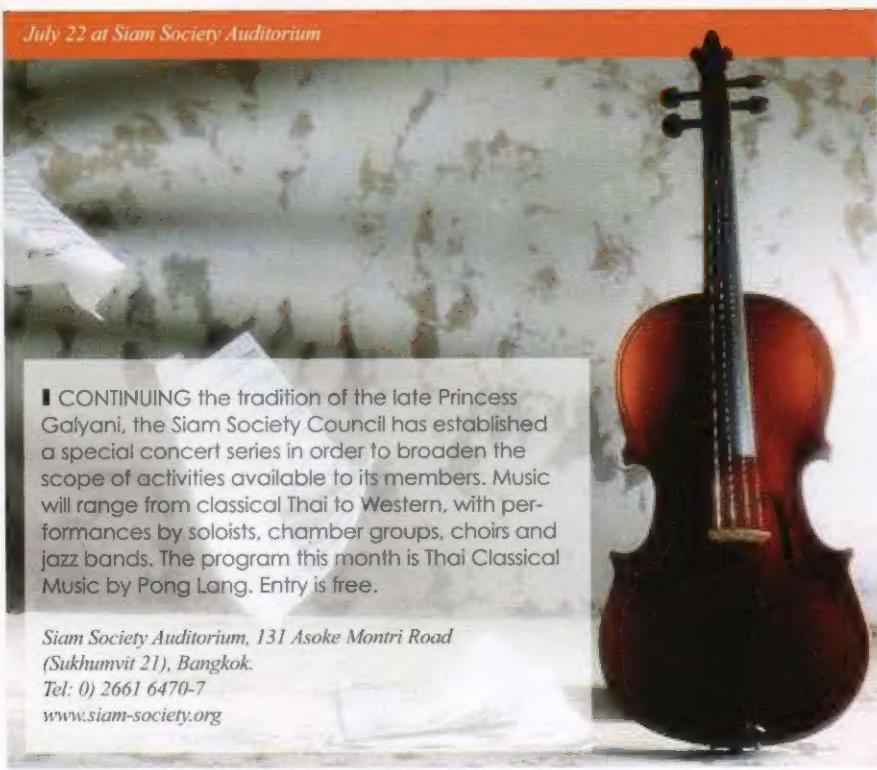
City Beat's classic hits

THE new entertainment roster at Conrad Hotel's Club 87 Plus is based around 80s/90s Pop, Dance, Disco, R&B, and Top 40 hits. The centerpiece of the concept is the CityBeat band, which sets the dancing pace every night except Monday from 10pm – late. Arrive between 6pm – 9.30pm to enjoy two-for-one drinks. Nicotine addicts can light up in the club's new Smoking Lounge.

Conrad Bangkok, All Seasons Place, 87 Wireless Road, Bangkok Tel: 02 690 9999 www.87 Plus.com

Music at the Siam Society

July 22 at Siam Society Auditorium



I CONTINUING the tradition of the late Princess Galyani, the Siam Society Council has established a special concert series in order to broaden the scope of activities available to its members. Music will range from classical Thai to Western, with performances by soloists, chamber groups, choirs and jazz bands. The program this month is Thai Classical Music by Pong Lang. Entry is free.

Siam Society Auditorium, 131 Asoke Montri Road
(Sukhumvit 21), Bangkok.
Tel: 0) 2661 6470-7
www.siam-society.org

Siam Philharmonic performs Mahler Symphony No. 5

July 21 at Thailand Cultural Centre

ISIT back and enjoy the delightful sounds of the Siam Philharmonic Orchestra (whose recent CD, "Per l'Amore," won second prize in the International JPF awards in Los Angeles in the Opera category) as they showcase the popular Mahler Symphony No. 5. As Siam Philharmonic are the first professional orchestra in Thailand to play a complete Mahler symphony, classical music lovers are in for a treat. Tickets range from 100 - 900 baht and are available at all Thaiticketmajor outlets. Alternatively Tel: 02 262 3456 www.thaiticketmajor.com. Show starts at 8pm

Thailand Cultural Center, Ratchadopisek Road
Huaikwang Sub-District Huaikwang District
Bangkok 10310 Tel: 02 247-0028

Bangkok Arte' Concert – Groove Riders



July 25 at Futsal Stadium Arena

UB Radio's Amsterdam beats

July 23 at Bed Supperclub

ITHE popular UB Radio celebrates its first anniversary by flying in two of Amsterdam's hottest producers/DJs for a night of mixed electronic flavours at Bed Supperclub on July 23.

Named 16 Bit Lolitas, the DJ duo comprises Peter Kriek and Ariana Olieroock, who've been producing House music together since 2003.

Entrance is only 500 baht including one free drink for UB Members (sign up on UB Radio's website www.ubradio.net), and 700 baht including one free drink for non members. Party from 10pm – 3am.

Bed Supperclub, Sukhumvit Soi 11,
Tel: 02 651 3537
www.bedsupperclub.com



ITHAILAND pop group Groove Riders offers its fans a chance to hear new material while relaxing on artificial grass, and soaking up an "arte" atmosphere – what this means we're not entirely sure, but the band's fans are sure to love it.

Tickets are priced at 800 baht and are available at all Thaiticketmajor outlets. Alternatively Tel: 02 262 3456 www.thaiticketmajor.com. Concert begins at 6pm.

Futsal Stadium Arena 10 (Soi Thonglor 10),
Soi 55 (Soi Thonglor), Bangkok,



Hosting an event? Send your what's on news to:
adambigchilli@gmail.com
(deadline for August information is July 18)

Sofitel staff gets first aid training



As part of the hotel's safety and hygiene procedures at the workplace, staff of Sofitel Centara Grand Resort & Villas, Hua Hin recently took part in a first aid training programme. The three-day training course was conducted by a certified personnel from the First Aid and Health Care Training Centre - The Red Cross Society of Hua Hin. All participants received certificates issued by the Thai Red Cross Society after successfully completing the course.

Hyatt Regency Hua Hin cleans the beach

As part of Hyatt Regency Hua Hin's three-day "Celebrating Our People" event, the hotel's general manager Mr. Mikael Svensson led a team of hotel staff in cleaning the beach area in front of the hotel, freeing it from rubbish and creating a welcoming environment.

Celebrating Our People is an annual event organized by more than 730 Hyatt Hotels & Resorts across the world. As well as community responsibility projects, such as beach cleaning, the event includes fun activities for the hotel's staff.



Hyatt Regency Hua Hin goes green



A team of hotel staff from Hyatt Regency Hua Hin, led by Mikael Svensson, the hotel's General Manager, recently did its bit for the environment by planting 200 mangrove trees in a reforestation area in Sam Roi Yod National Park. The team took part in the project in a bid to restore and preserve the mangrove forest and help reduce global warming.



Sheraton Hua Hin supports hill tribe village



The management and associates of Sheraton Hua Hin Resort & Spa led by Narumol Sukapojana, Executive Housekeeping, and Arporn Hemmara, Human Resource and Training Manager, recently donated food, stationary and necessary supplies to the children and villagers of Pa-Ke-Yor Hilltribe Village in Kang Kra Chan District, Petchburi Province. After lunch, the children enjoyed a series of fun games and activities organized by the hotel.



Minor Founder's Day celebrated

Associates from Hua Hin Marriott and Anantara Resort and Spa recently celebrated Minor Founder's Day, the day of Mr. William Heinecke's (Founder of Minor International PLC) birthday, by visiting children at Baan Nuen Payom School, Hua Hin. The associates from both hotels presented needed items and donations to the school's principal, and also helped develop the school by planting a vegetable garden, painting the school walls and cutting the lawn.



The big jazz cleanup

Ensuring Hua Hin's beach was put back to its natural state after last month's hugely popular Jazz Festival, Boyd Barker (4th from left), general manager of Hua Hin Marriott Resort and Spa, led a team of hotel associates to join the "Green Jazz Beach Cleaning Day." The team enthusiastically joined this clean up project and helped to collect cigarette butts, plastic and glass bottles as well as other rubbish that was left on the beach.



British Ambassador on the golf course

Palm Hills Golf Club & Residence, Phetchburi, recently welcomed the British Ambassador to Thailand, Mr. Quinton Quayle, who was on a private visit to the resort. Khun Natthawat Aksornchart, GM of Palm Hills Golf Club & Residence, had the pleasure of teeing-off with Mr. Quayle on the golf course.



LG and Phillips celebrate with discounts

Khun Yanyong Kasemvirasan, the General Manager of Hua Hin Market Village, and executives from LG and Phillips recently celebrated the opening of LG and Phillips stores at IT ZONE on the 3rd Floor of Market Village. To celebrate the opening, the shops now offer special discounts on many items, including 42" widescreen TVs available for less than 25,000 baht.

Khun Annan Panyarachun visits The Banyan Golf Club

Former Prime Minister of Thailand Khun Annan Panyarachun recently visited The Banyan Golf Club where he was warmly greeted by Stuart Daly, Director of Operations. Although a non-golfer, Khun Annan was impressed by the natural beauty of the golf course and the traditional Thai inspired clubhouse, and promised to return next time he visits Hua Hin.





Singaporean investors visit Hua Hin

■ Ms. Aw Kah Peng, CEO of Singapore Tourism Board, was recently warmly welcomed to Hua Hin by Dr. Sasithara Pichaichannarong, Permanent Secretary of the Thai Ministry of Tourism and Sport. Ms Peng stayed at Dusit Thani Hua Hin along with a group of Singaporean investors who were looking for business opportunities in Petchburi and Prachuap Khiri Khan Provinces.



French voyagers visit Hua Hin Marriott Resort & Spa

■ Hua Hin Marriott Resort & Spa's Director of Operations, Naowarat Arunkong (far right), recently welcomed 23 representatives of French tour operator Omnia Voyages when they arrived to inspect the resort last month. Khun Naowarat led the group on a tour of the resort, which includes 219 rooms, four restaurants, two bars, and a Kids' Club amongst its facilities.

Sheraton Hua Hin welcomes Hong Kong media

■ Sheraton Hua Hin Resort & Spa recently welcomed and hosted a cocktail party for a group of Hong Kong Media representatives who were visiting the hotel as part of a FAM trip organized by the Tourism Authority of Thailand (TAT). The group was led on a tour of the resort by Mr. Praha Sae-Eung, a representative of TAT, and Mr. Eric Yeung, the General Manager of Thai Royal Orchid Holidays. The aim of the trip was to promote Hua Hin as an attractive tourist destination in Hong Kong.



Brass Munkeys come to town



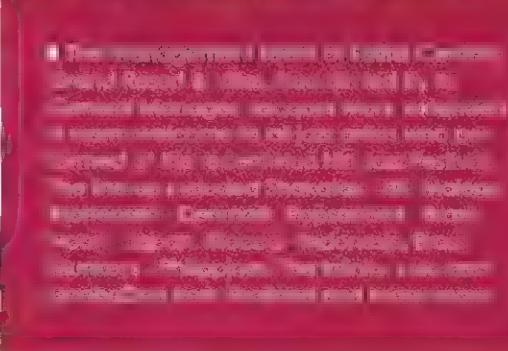
■ Boyd Barker (first row, 4th from left), General Manager of Hua Hin Marriott Resort & Spa recently welcomed the Brass Munkeys jazz band to the resort and thanked them for organizing the music workshop and mini concert at the hotel. The workshop was attended by many hotel guests as well as the general public.

Popsanova takes time out



■ Brazilian band Popsanova took time out at last month's Jazz Festival to enjoy an Italian lunch at Hua Hin Marriott Resort & Spa's Ciao restaurant. The band was greeted at the restaurant by general manager Boyd Barker (far right).

Sofitel welcomes jazz stars





Japanese pop star visits Hyatt Regency Hua Hin

Music lovers had a chance to meet popular Japanese singer Noon when she visited Hyatt Regency Hua Hin last month during the Hua Hin Jazz Festival. Noon and her band received a warm welcome from Mikael Svensson, the hotel's General Manager.

Salena Jones brings the jazz



Renowned versatile jazz singer Salena Jones arrived in Hua Hin last month as top-billing in the Divas in the Park concert held at Dusit Thani Hua Hin's cricket ground. Before her performance Salina had chance to get in some last minute singing practice at Dusit Thani Hua Hin, where she was staying with her husband. Both were warmly welcomed to the hotel by General Manager Victor Sukseree.

Rock star visits Ciao



Famous Thailand rocker Thanachai "Pod" Ujin (middle) recently dropped by Hua Hin Marriott Resort & Spa to enjoy an Italian meal at Ciao restaurant. The Modern Dog front man was warmly greeted by general manager Boyd Barker (first from left), and Executive Chef Kai Kauder (far right).



Bento Lunch Box Promotion

Hagi Japanese Restaurant of the Sofitel Centara Grand Resort & Villas, Hua Hin presents a special Bento Lunch Box promotion until September. Choose from three different Bento boxes: the Zen Bento Box, Fuji Bento Box, and the Sakura Bento Box. Available daily, from 12.00 midday until 11pm.

For more information, call 0 3251 2021-38. E-mail: fboffice@sofitel.co.th.
www.sofitel.com, www.centarahotelsresorts.com

Unagi at the Hagi

Hagi restaurant at Sofitel Centara Grand Resort & Villas, Hua Hin embraces Japanese tradition and creates an enticing range of dishes using grilled unagi until July 31. Grilled unagi, or eel, is a delicacy in Japan, popular for its delicious taste and its stamina-giving properties. Traditionally eaten during July, unagi combines a rich flavour with an appetizing texture, crisp on the outside and tender on the inside.

To reserve your place or for more information, Tel: 03 251 2021-38. Email: fboffice@sofitel.co.th, www.sofitel.com, www.centarahotelsresorts.com



Sofitel offers birthday dining discounts

Sofitel Centara Grand Resort & Villas, Hua Hin now offers an interesting birthday deal that is kind to those getting on in years. On your birthday, dine in any of the resort's restaurants and receive a percentage discount off the total food bill equal to your age. The birthday guest must dine with a minimum of 4 to maximum of 8 companions. Advanced booking is essential. This special offer is valid until September.

To reserve your table or for more information, Tel: 03 251 2021-38. Email: fboffice@sofitel.co.th, www.sofitel.com, www.centarahotelsresorts.com



Aussie beef cooked the Chicago way

Delectable Australian Wagyu beef is now being served at Chicago Grill, Hua Hin Marriott Resort & Spa. Boasting a highly marbled meat with a velvety texture that literally melts in your mouth, the "King of Beef" is available in different cuts, including tenderloin, rib eye, and sirloin.

For more information Tel: 032 511 881 ext. 1445



Relaxing Sunday brunch at McFarland House

■ McFarland House, located on the beachfront of THE BARAI, offers a chilled-out Sunday Brunch featuring a sumptuous buffet loaded with fresh seafood, sushi, sashimi and salads, and a hot selection that includes beef, pasta and local favourites. Complete your brunch with a selection of delicious desserts.

Sunday Brunch is available every Sunday from 11.30am – 3pm. Prices are: 1,000 baht net per person inclusive of a bottle of sparkling wine per two persons, home-made lemonade and iced tea; 800 baht net per person inclusive of home-made lemonade and iced tea; and 400 baht net for children aged 6 – 12.

For reservations and further information, Tel: 03 252 1234 Fax: 0 3252 1233 email: reservations.hrhua hin@hyatt.com
www.hua hin.regency.hyatt.com

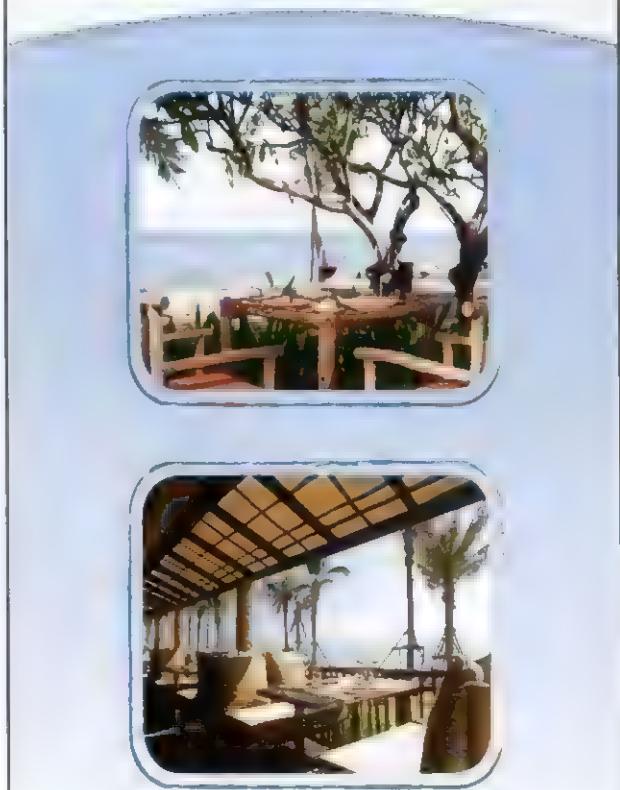
Thai cultural nights at Talay Thai Restaurant

■ Talay Thai Restaurant at Hyatt Regency Hua Hin now hosts Thai cultural nights every Thursday evening from 6pm – 10.30pm. Diners can choose from an a la carte menu featuring traditional Thai cuisine, as well as selection of fresh seafood. Thai dancers perform from 7.30pm.

For reservations and further information, Tel: 03 252 1234



Exciting New Menu at the Beach Restaurant



Located in the tropical Pak Nam Pran beach area, The Evason Hua Hin & Six Senses Spa and The Six Senses Hideaway welcomes you to join us for our new menu at the Beach Restaurant. We offer you authentic Italian cuisine from all over the region and you can choose from our extensive wine list consisting of over 300 labels while dining al fresco with a view of the sea. You can also view the chefs preparing your choices with our open kitchen. Our kitchen brigade sources only the freshest ingredients and incorporates our philosophy of S.L.O.W. (sustainable, local, organic, wholesome) L.I.F.E. (learning, inspiring, fun, experiences) into their tremendous preparation. We look forward to welcoming you so that you can enjoy the new "talk of the town".


EVASON HUA HIN
& SIX SENSES SPA


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HUA HIN

Open daily for lunch and dinner
Look out for our daily changing menus and wine journeys
Call 032 632 211 for more information and reservations

Happy Hours at Hagi

Hagi Bar of the Sofitel Centara Grand Resort & Villas, Hua Hin now runs Happy Hours from 5pm – 7pm and then from 9.30pm – 11pm when guests can enjoy 50% discount on selected drinks and sushi! It's a great chance to discover the exquisite flavours of Japan's famous culinary treat.

For more information, call 0 3251 2021-38. E-mail: fboffice@sofitel.co.th, www.sofitel.com, www.centarahotelsresorts.com

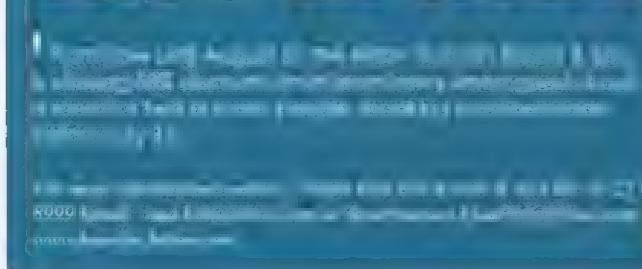


Schweizer Nacht at Sofitel

Sofitel Centara Grand Resort & Villas, Hua Hin celebrates the Schweizer Nacht, Switzerland's National Day, on Friday July 31. Head to the resort's colonial beachfront pool area to tuck into a fabulous buffet dinner of authentic Swiss cuisine. Entertainment will be provided by a live band. Buffet is available from 7pm - 10.30pm.

For more information or bookings. Tel: 03 251 2021-38. Email: fboffice@sofitel.co.th, www.sofitel.com, www.centarahotelsresorts.com

Half-price accommodation deal at the Hilton



Family deal at Hyatt

The Hyatt Regency Hua Hin has launched its "Family Escape Package" starting from Baht 4,500++ per room per night (a minimum of two-night stay) from now until July 31, 2009.

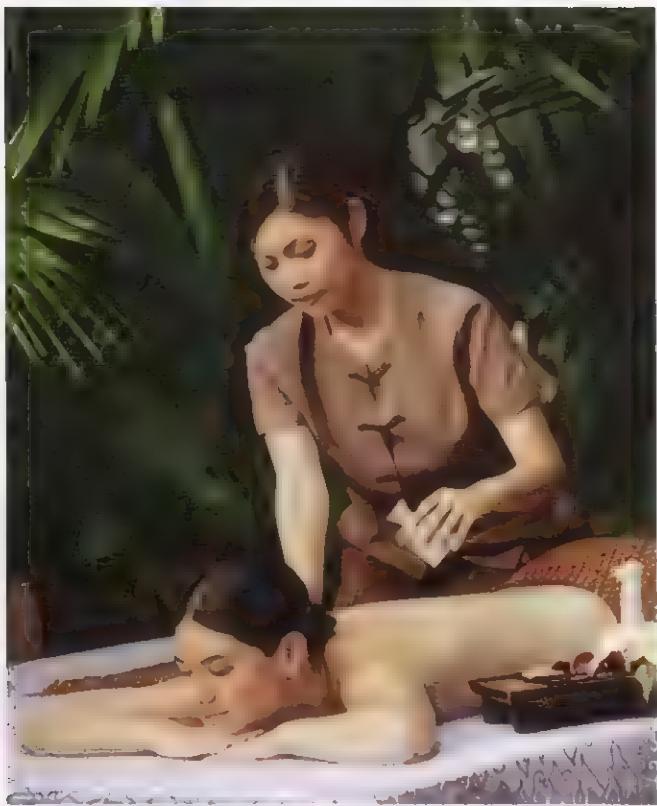
The package includes:

- A one-night stay in a luxurious Hyatt Guestroom with daily buffet breakfast
- Complimentary one-time set dinner for two persons and children under 6 years old when accompanied by parents.
- Complimentary full-day use of Camp Hyatt for children aged four – 12 (excluding lunch and paid activities).
- Late check-out until 2:00pm (subject to availability).
- Welcome drink upon arrival.
- A free variety of recreational activities such as Carp Feeding, the Basics of Thai Boxing, Beach Volleyball, Water



Aerobics, Yoga, Tai Chi and much more, all suitable for both children and adults.

For reservations and further information, contact Tel: 0 2254 6200 or 0 3252 1234 and E-mail: reservations.hrhua hin@hyatt.com



Indulgence Spa Package at Hua Hin Marriott Resort & Spa

Hua Hin Marriott Resort & Spa now offers its Indulgence Spa Package at reduced rates until October 31.

The package includes one night in a Deluxe room, a buffet breakfast, and a massage treatment at the hotel's acclaimed Mandara Spa. Choose from a Traditional Thai Massage, Aromatic Massage, Sports Massage, Ayurvedic Massage, Body Detox Massage, Balinese Massage or an Indian Head Massage.

Book the Indulgence Spa Package now until October 31 and enjoy the following special rates: Deluxe Garden View room rates are 4,900++ baht for one person and 6,500++ baht for two. Deluxe Sea View rates are 5,700++ baht for one person and 7,300++ baht for two.

For special room rates call the Central Reservation Office at (+66) (0) 2 477 0755 or Email: reservemarriott@minornet.com

Tropical body wraps at Aspadeva Spa

Aspadeva Spa, Sheraton Hua Hin Resort & Spa now offers a "Tropical Cocktail Body Wrap" priced at 1,800++ baht.

This treatment consists of a natural exfoliation using sesame and oatmeal, and a body wrap of fresh papaya, pineapple, honey and yogurt. Utilizing the naturally occurring enzymes papain and bromelain which mimic alpha-hydroxyl acids, this mildly exfoliating wrap leaves your skin noticeably smooth and revitalized.

Aspadeva Spa, located on the first floor, comprises 12 treatment rooms, including two Thai treatment rooms, two suites, a hydrotherapy room, jet and steam showers, chromatic jacuzzis, generous sauna and steam rooms separate for male and female guests, and the adjacent "Aspadeva Hair & Beauty Salon".

For reservations and further information, Tel: 03 2708 235 Email: spa_huahin@sheraton.com, www.sheraton.com/huahin



Free spa deal

Devarana Spa at Dusit Thani Hua Hin is offering a Seasonal Special Deal, with guests who book two 90-minute minimum treatments getting one complimentary voucher for a 60-minute treatment of their choice.

For more information, contact: Tel: +66 0 3244 2494, email: huhin@devaranaspa.com. Website: www.devaranaspa.com



COMPETITION

I WIN Placebo's new album! To be in with a chance of winning a copy of *Battle For The Sun*, plus a Placebo T-Shirt, simply answer the following question:

What was the name of Placebo's debut album?
A) Ecstasy C) Aspirin
B) Placebo D) Cough Syrup

Please send your answer along with your full name and address to thebigchillmagazine@gmail.com

Correct entries will go into a lucky draw, and the winner will be announced in August.

Placebo

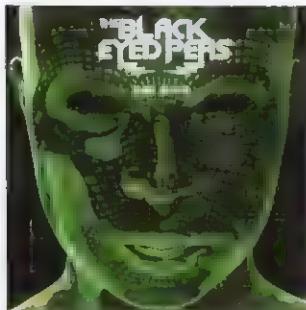
■ WHEN Placebo's contract with EMI ended last year, and drummer Steven Hewitt decided to leave the band, many fans feared that this signaled the end of the UK based goth-rock outfit, who first exploded to superstardom in '96 with their gender-bending single "Nancy Boy."

But rising like a Phoenix from the ashes, Placebo brought in a talented young drummer (Steve Forrest), raided its piggy-banks, and flew to Toronto to record a self-funded album produced by David Bottrill.

The results? An album with a heavier sound than 2006's 'Meds,' but with less of a depressing tone. "A heart that hurts is a heart that works," sings Brian Molko on the uplifting 'Bright Lights,' and "We can build a new tomorrow, today" on the optimistic 'Speak In Tongues.'

Not tied to the constraints of a record company, Placebo takes advantage of its creative freedom with enjoyable results. Not only does the band break new ground by introducing horns on the dancefloor stomping 'For What It's Worth,' but it also experiments with drum machines to hypnotic effect on 'Julien.'

The only time Placebo lets itself down is when it slips back into angst mode; like they're trying too hard to be Emo. But this is only a minor blip, and the rest of the album is a triumph.



Black Eyed Peas



■ After a four year hiatus, the band that made the phrase "lady lumps" famous is back with a brand new album that lives up to its name. Pumping, thumping, and fun, The E.N.D. sees the Peas throw together a vibrant mix of synth-led, rap-filled power-pop that's guaranteed to get any party started. Yes, it's dumb, but that only adds to the fun.



Mandy Moore



■ PERHAPS the most surprising album to turn up in the BigChilli office recently is Mandy Moore's latest offering. As soon as we peeled back the wrapper and saw Mandy's face we remembered her teen pop albums from the '90s, and laughed. Surely this would be just as cheesy, we thought. But out are the bouncy-synthesizers and manufactured-pop; in are acoustic guitars and a sense of maturity. Using her first and last names to title the album, Mandy herself is keen to distance herself from her earlier work. With this collection of cozy folk-pop, she has succeeded admirably.



Patrick Wolf



■ PATRICK Wolf is eccentric to say the least; all tight pants, funny haircuts, and glam-rock sound. In 2007 he shot to stardom with the superb 'Magic Position,' an album that captured the magic of Bowie and took it to new electronic realms. Now Patrick returns with yet another quirky selection of songs, which, while not as powerful as their predecessors, still prove to be auditory joys. Collaborators include violinist Eliza Carthy, hardcore DJ Alec Empire, and actress Tilda Swinton, who provides a spoken word interlude on "Theseus."



MEMORY LANE



- Topping the UK Charts July 1979*
1. Boomtown Rats - I Don't Like Mondays
 2. Cliff Richard - We Don't Talk Anymore
 3. Police - Can't Stand Losing You (re-release)
 4. B.A. Robertson - Bang Bang
 5. Abba - Angel Eyes / Voulez Vous
 6. Earth Wind & Fire - After The Love Has Gone
 7. Special AKA - Gangsters
 8. Darts - Duke Of Earl
 9. Electric Light Orchestra - The Diary Of Horace Wimp
 10. Sparks - Beg! The Clock

SAIL

By James Patterson

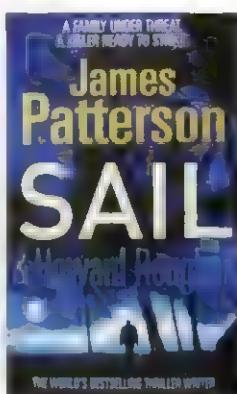
Price: 325 baht

As Peter Carlyle waves his wife, children and brother-in-law off on a sailing holiday, all they have in mind is lying back and relaxing. But as a violent storm breaks out, an explosion causes the boat to vanish without a trace and the family is lost, presumed dead.

But when a message in a bottle is washed up on a shore, it becomes apparent that there must have been at least one survivor.

Peter is a broken man; he appears to struggle to contain his grief as he holds a heartfelt TV interview about his loss. But all is not as it seems, beneath the grief lies a more sinister side. Peter is involved with a beautiful - and dangerous - younger woman and it soon transpires that he knows more about his family's disappearance than he is letting on.

Peter seeks to find whatever remains of his family, but is he really looking for a happy reunion? And could it be that it isn't just Peter who is hot on the Dunne family's trail? The race is on to rescue any survivors and discover what happened aboard the luxury yacht.

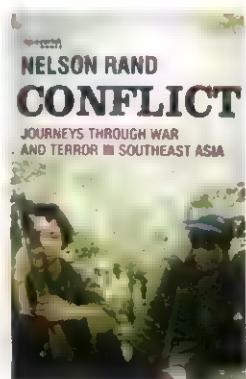


CONFLICT: JOURNEYS THROUGH WAR AND TERROR IN SOUTHEAST ASIA

By Nelson Rand

Price: 495 baht

NELSON Rand is an intrepid adventurer. Despite the warnings and threats against his life, he journeyed into the most dangerous parts of Southeast Asia to witness the plight of the oppressed. He hiked through the jungles of Laos to interview Hmong guerillas, the remnants of the rebel army that refused to surrender to the communist government. In Vietnam, he ventured into the central highlands to document the civil rights abuses suffered by the Montagnard people, persecuted by the communist government because they fought alongside American forces in the Vietnam War. He saw action in Burma where he joined forces with the Karen National Liberation Army and accompanied the insurgents as they mounted full scale attacks on Junta forces. His audacious journey also took him to southern Thailand in search of Islamic extremists, who have turned the region into a war zone. While travelling in Cambodia, he accompanied government soldiers on their final offensive against the Khmer Rouge. Rand's book is a highly informative but sobering portrait of Southeast Asia and its secret conflicts.





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When Michael Jackson was nearly left high and dry in Bangkok

I ALONG with everybody else who adored his music and spectacular dance routines, we at the BigChilli are saddened by the passing of Michael Jackson, one of life's genuine one-offs. Although much has already been said and written about him, we'd like to present a couple of our own memories about Michael focusing on his ill-fated 'Dangerous' tour to Bangkok in August, 1993.

It was mid-way through this tour that news of accusations - later proven unfounded - that he had molested a child began to emerge from the US. Michael had already given one performance to a packed audience of 40,000 fans at Bangkok's National Stadium and was due to give a second show on the following night. It did not happen, however, with Michael claiming that Thailand's tropical temperature had exhausted him and he was suffering from dehydration as a result.

Many people were, of course, very disappointed - not least the concert's organisers who, one assumes, stood to lose a lot of money if the show didn't go on. But Michael was apparently adamant. Rather than being unwell, it was widely rumoured that he was in a state of shock about the accusations and did not want to perform while

Animal world is getting its revenge - on us!

IN swine flu the world is facing yet another pandemic, with thousands of people currently suffering from a potentially deadly influenza virus that has managed to find a way of transferring itself from pigs to humans.

Swine flu - now called H1N1 - is the latest animal-related ailment to threaten mankind in recent years.

Not long ago we were all worrying about so-called "avian flu" caused by a particularly nasty virus found in many wild bird species that could be passed on to humans.

Before that, we were in shock over the way "mad cow disease," a condition that is fatal in cattle, had found its way into the human food chain. It originated in cattle, which are normally herbivores, being fed the remains of other cattle in the form of meat and bone meal.

It's almost as if the animal kingdom is getting its own back on us humans for doing our level best to wipe out their kind; a revenge with disastrous consequences.

Let's face it. From lions and tigers to bears and hippos, we've been terribly careless, killing off many animals at a frightening rate; indeed, to a point where they

barely exist nowadays.

At sea, we're simply plundering fish stocks without a thought for the future.

An important new documentary called The End of the Line has highlighted the plight of one particular fish, the bluefin tuna, which in a few short years has become an endangered species because of rampant overfishing.

Based on a book by journalist Charles Clover, the film has spurred some restaurants to remove bluefin from their menus while a few slightly dotty but well-meaning celebrities have posed naked with the fish to advocate its conservation.

The solution, experts say, doesn't necessarily have to mean giving up tuna altogether. Instead, consumers should stick to skipjack tuna, a more common variety that is caught using a method called pole-and-line, which avoids accidentally netting bluefin tuna and other sea life.

The campaigning is beginning to work. Restaurant chain Pret a Manger, for instance, has pledged to switch to skipjack tuna later this year, and British grocer Marks & Spencer will phase out any tuna caught using nets that can catch other sea creatures.

It may take years for stocks to recover. Meanwhile, their hopefully temporary disappearance won't upset the oceans' delicate food chain balance that ensures the survival of the sea's other creatures.

Now, what about those shark fins?



Death of a legend - Who on planet earth hasn't attempted the 'moonwalk'?

Why the pick of the crop circles may signal the end of the world

I THE latest crop circle to be discovered in the UK - a phoenix rising from the flames - may depict the end of the world, according to experts of this still mysterious phenomenon.

The magnificent 400-foot design appeared overnight in a barley field in Wiltshire. No one has admitted responsibility for its creation.

Now some investigators claim that this circle and others recently discovered continually refer to a cataclysmic event set to occur on December 21, 2012, which coincides with the end of the ancient Mayan calendar.



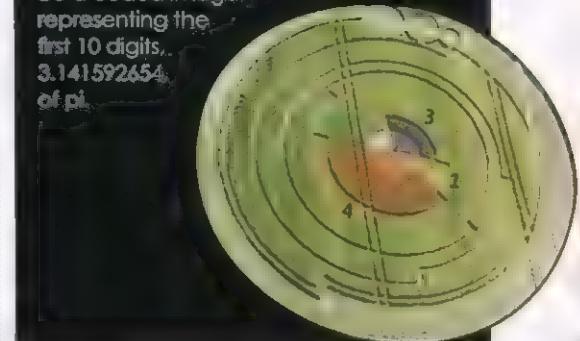
The Mayans believed civilisation exists within a series of earth cycles of 144,000 days each with the 13th expiring in December 2012, resulting in Armageddon.

"The phoenix is a mythical creature which symbolises rebirth and a new era in many cultures across the world," commented crop circle enthusiast Karen Alexander.

"Within the crop circle community many believe the designs are constantly referring to December 21 and its aftermath."

"This could be interpreted as the human race or earth rising again after a monumental event."

Other recent crop circles have included giant jelly-fish and another "mind boggling" formation, measuring 150ft in diameter, which is said to be a coded image representing the first 10 digits of pi.



HUA HIN

Why fingernails are a window to the soul



I PAINT them, chew them, cut them and scratch with them, nails are something we mostly take for granted. But nails, it transpires, are also an important barometer of one's health. A woman whose nails developed horizontal ridges from under every cuticle following a bout of pneumonia was told by a doctor that the changes were probably a phenomenon known as Beau's lines, which result from a temporary disturbance in growth.

The growth of new nail is extremely sensitive to a number of external factors such as pregnancy, the weather, age, stress and illness. Infections like pneumonia tend to inhibit growth and affect the formation of new nail, leaving a temporary deformity that moves up the nail as it grows.

Other changes include spoon shaped nails, which may be due to iron deficiency, fragile, crumbling nails (thyroid trouble) and dark purplish longitudinal streaks under the nail (heart trouble).

A sudden change known as clubbing, in which there is loss of the natural angle between the nail and the cuticle, may indicate a serious underlying illness, from cirrhosis of the liver to lung cancer. To check for clubbing, hold your finger horizontally in front of you and then view the nail side on; it should rise slightly as it emerges from the cuticle and heads towards the fingertip.

"Just like the eyes are the window to the soul,

so are the nails," says Tamara Lior, MD, a dermatologist with Cleveland Clinic Florida. Lior says she once

convinced a patient to have his lungs checked after noticing a bluish tint to his nails, a sign that he wasn't getting

enough oxygen. Sure enough, he had fluid in his lungs.

Warning signs for many other conditions, from hepatitis to heart disease, may also appear in the nails, according to Joshua Fox, spokesman for the American Academy of Dermatology. "Changes in the nails can be a sign of a local disease like a fungus infection or a sign of a systemic disease like lupus or anemia."

He adds that it is possible to tell if a person has anemia by looking at his or her nails. Pale, whitish nail beds may indicate a low red blood cell count consistent with anemia.

An iron deficiency can cause the nail bed to be thin and concave and have raised ridges.

Heart disease can turn the nail beds red. Obsessive-compulsive disorder can show up in the nails through persistent nail-biting or picking, Fox says.

Even common disorders like thyroid disease can cause abnormalities in the nail beds, producing dry, brittle nails that crack and split easily.

He lists the following 10 examples of nail changes that could indicate a serious medical condition.

What Your Nails Say About Your Health:

Nail Appearance / Associated Condition

White nails - Liver diseases, such as hepatitis
Yellowish, thickened, slow-growing nails - Lung diseases, such as emphysema
Yellowish nails with a slight blush at

the base - Diabetes

Half-white, half-pink nails - Kidney disease

Red nail beds - Heart disease

Pale or white nail beds - Anemia

Pitting or rippling of the nail surface - Psoriasis or inflammatory arthritis

"Clubbing," a painless increase in tissue around the ends of the fingers, or inversion of the nail - Lung diseases

Irregular red lines at the base of the nail fold - Lupus or connective tissue disease

Dark lines beneath the nail - Melanoma

Mrs Lee Redmond - has he hard has nails when it comes to 'wiping'





Hilton Hua Hin's Sports Day

Hilton Hua Hin Resort & Spa recently held its annual Sports Day at Baan Hilton. The activity aimed to strengthen team members' health and teamwork, and featured a variety of sports and activities such as Futsal, Volleyball, Trakraw, Chair Ball, Tug of War, Balloon War, Centipede Walking, and Six Legs Running. Adding plenty of colour to the event was a fun cheerleading competition.



Prom's happy wedding at Sofitel

Thai professional golfer Prom Meesawat and Supichaya Panyathep recently hosted their wedding at the Sofitel Centara Grand Resort & Villas, Hua Hin. Khun Santi Pirompakdi, managing director of Boon Rawd Brewery, presided over the ceremony. Over 300 VIPs including famous golfers from the Asian, European and PGA tours as well as VIPs from the Ministry of Tourism and Sports attended the chic reception at the beachfront Colonial Pool area of the iconic resort.



Hyatt Regency Hua Hin celebrates its people

Mikael Svensson, general manager of Hyatt Regency Hua Hin, recently held a three-day "Celebrating Our People" event that was also organized by more than 730 Hyatt Hotels and Resorts across the world. The aim of the event was to thank hotel employees for their dedication and hard work. As a part of the celebrations, the hotel management team took on the role of service staff in areas such as cooking, serving and cleaning, while the employees enjoyed the role as customer.



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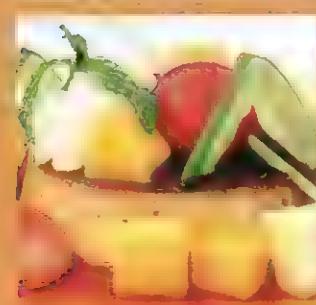
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Sofitel's Scottish night staff party

A fun-filled night was enjoyed by colleagues from the Sofitel Centara Grand Resort & Villas, Hua Hin at their annual staff party on May 26. Held as a thank you for the staff's hard work and dedication throughout the year, the Scottish themed event took place at Looknam Pub. The staff enjoyed live music, dancing, and shows performed by the management. Highlights of the event included a lucky draw, and prizes for the best Scottish costume.



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Divas in the Park a huge success

The recent Divas in the Park concert, organized by Dusit Thani Hua Hin together with Singha Corporation, brought together Thailand's best loved singing divas for an evening of fantastic music at Dusit Thani Hua Hin. Among the stars were Nicole Theriault, Nantida Kaewbuasai, Kam The Star, and Warithada Pirompakdee. The evening also included a surprise appearance by Thailand's number-one Hip-Hop rapper Joey Boy, and a fantastic performance by Salena Jones.





H 3 Golf Club competition at Palm Hills & Residence

Khun Natawat Aksornchart, general manager of Palm Hills Golf Club & Residence, held a golf competition last month under the slogan of "H3 Golf Club." The event brought together Hua Hin's hotel and golf executives with the aim of tightening relations between them.

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Jazz Dinner by the beach

Sofitel Centara Grand Resort & Villas, Hua Hin hosted another of its renowned Jazz Dinner by the Beach events during last month's annual Hua Hin jazz festival. The fabulous dining event featured a different style of food on each of the three nights and was considered one of the hotel's finest buffets. Over 500 guests enjoyed a stunning selection of international gourmet cuisine as they watched the jazz.



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Nightbirds take flight – Shakatak takes the Hua Hin Jazz Festival by storm



WHEN UK band Shakatak walked on to the beach-stage to perform at last month's Hua Hin Jazz Festival, the cheer that went up could have deafened an elephant. The view from the stage made for an amazing sight; hundreds of spectators crammed on to the sands, raising their drinks in unison to welcome the band and salute its 29 years of jazz-funk hits.

"We've never played at anything quite like this before," said the band's veteran drummer Roger Odell earlier in the day. "The set up is something else. It's going to be a great atmosphere."

As the band strutted to its places, confidence surging through its veins thanks to its pre-performance ritual of downing a shot of tequila, Roger no doubt heard the whoop that came from the crowd and realised he was wrong. It wasn't just a great atmosphere, it was electric.

Such a reception and the pressure to deliver would knock a lesser experienced band to its knees. But thanks to a lifetime of practice, and perhaps the sobering, sickly-sweet smell of dried squid that wafted from several nearby fishing boats, the band let loose with a fantastic rendition of its 1982 smash-hit

"Nightbirds," and then continued to hit the right notes all night.

"We may have been together 29 years, but playing live is something that we all still love doing," said vocalist Jill Saward before the performance. "We still get a buzz when we're out there."

Standing on the Hua Hin stage, clapping her hands above her head, and instructing the crowd to: "get up on your feet, and get down on the street," Jill's boundless enthusiasm offered an insight into why Shakatak continues to keep going: The band is simply packed full of energy.

All night Roger hit the drums without once letting his cheeky smile slip from his face, Bill Sharpe wowed all with his superb keyboard playing, and Shakatak's bassist George Anderson clutched his instrument and channeled the band's jazz-funk sound into his body, adopting a slow deliberate walk that made him look like a "Jurassic Park" velociraptor stalking its prey.

First formed in 1980 by Roger and Bill, Shakatak went through several early changes but has consisted of the same four band members, plus various touring session players, since 1982.





The band has a staggering 44 albums to its name. Its most recent album, "Afterglow," was released on the Japanese JVC record label in February this year.

During their time in Hua Hin the Shakatak members stayed at The Sofitel Centara Grand Resort and Villas. The BigChilli Hua Hin met the group at the hotel to find out more about the band's past, present and future. Here's what they had to say:

How did Shakatak first form?

Roger: Me and Bill had a band in the '70s called 'Tracks.' We used to do Sunday lunchtime gigs with Keith Winter, who was our original guitarist, and Trevor Horton, our bass player who went on to become a famous record producer.

At the same time I was working in London with a band with Jill and we were doing recording sessions with different producers. One particular day, the record producer wanted to do a version of 'Wade in the Water,' the Ramsey Lewis tune, but the piano player couldn't really do it. They asked if I knew a guy that could do it. I said I've got just the man. So Bill came down, and all three of us ended up doing sessions in London. When producers asked us to write some original material, Shakatak was born from there.

You are huge in Japan, what's the secret of your success there?

Bill: We became big in Japan thanks to Nightbirds. When we released that song in 1982 we were told that our instrumental melodies appealed to traditional Japanese sensibilities, but I'm not sure if that's true or not (laughs).

You've been together almost 30 years. How do you keep your sound fresh?

Jill: "We are always producing new albums so we're always fresh. Look at many other bands that are doing the '80s circuit



and they play the same old stuff. If you only play your hits, you lose interest. If you keep things fresh, you always attract interest."

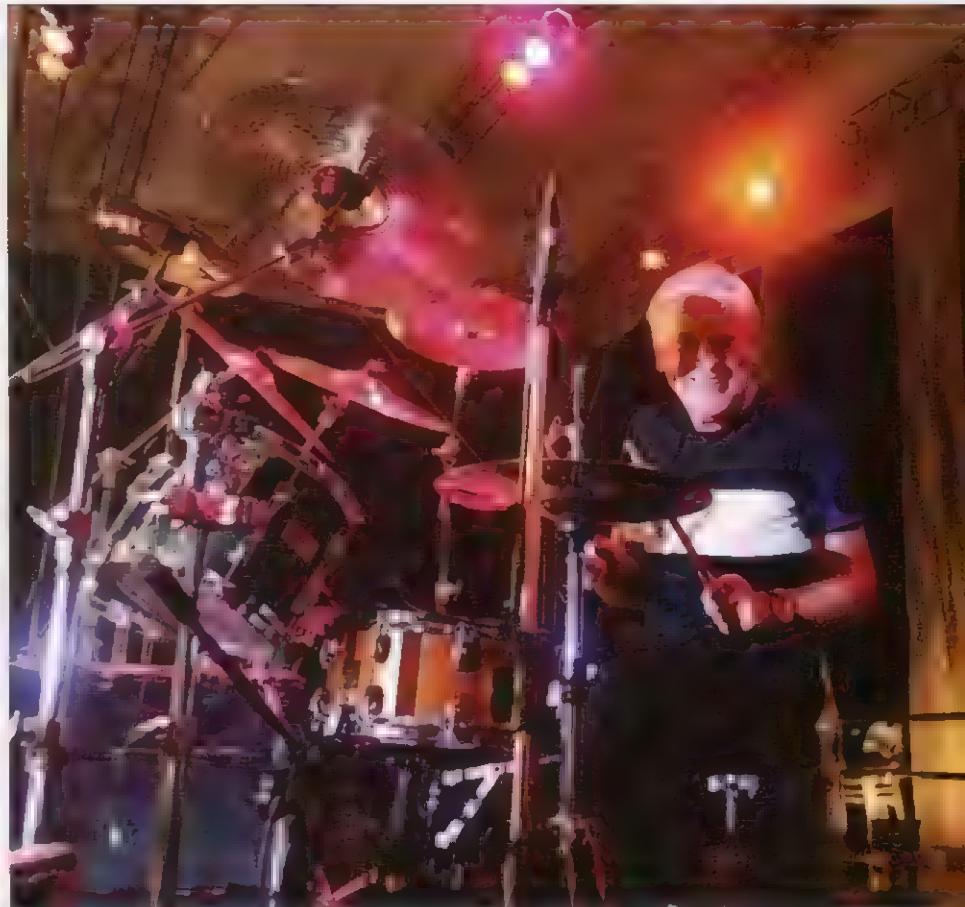
Roger: In the early days we were flogging around the UK doing 250 gigs a year which was ridiculous. But now when we get together and come out to beautiful places like this it's fantastic. It keeps us motivated, and in turn, that keeps our sound fresh.

Bill: We also all do our own solo projects so that always adds interesting elements to the mix. In fact, there are so many different elements, the next time we're in the recording studio we'll probably come up with a reggae album (laughs).

What are your plans for the future?

Bill: It's great because at the moment our shows in Japan always sell out. As long as people keep coming to see us, we'll keep cracking on.

Jill: As well as performing in Shakatak, I'd also like to teach in Sardinia – it's not confirmed yet, but I want somewhere where people can come and jam, sing, and I can charge them an absolute fortune for doing it (laughs).



Finally, what are your views on the Hua Hin Jazz Festival?

Roger: I've never done anything like this before. Performing on the beach is a wonderful concept.

Bill: It's fantastic. To play at a gig like this is amazing. We are very impressed by the set up, all of the equipment is superb. We've played many amazing gigs, such as one for 900 people in Bali in the middle of nowhere, but this is definitely up there with the best.

This year's Hua Hin Jazz Festival was widely regarded to be the best yet, featuring much better planning and management than previous years, and offering a better experience for festival goers who enjoyed more beach space and easier access to the various drinks and food stations.

The Festival line-up featured an exciting mix of new and old international and local acts, including Brazil's Popsanova, Japan's Noon, Denmark's Malene Mortensen, and Thailand's renowned Koh Mr Saxman.

Once again the Sofitel Centara Grand Resort and Villas, Hua Hin hosted a fabulous three-day "Jazz Dinner by the Beach" buffet. On each evening diners could tuck into mountains of sumptuous gourmet cuisine and enjoy the jazz performances from the exclusive comfort of the Sofitel's beachfront lawn.

Taking on different culinary themes each night, the first evening was named 'Americana,' and featured mouthwatering barbecue cuisine cooked 'Kansas style.' The second evening served up traditional New Orleans's favourites under the title 'Dixieland,' and the the final night's theme was 'Yamoto,' featuring a wonderful spread of Japanese cuisine.

Roll on next year's festival!

Find more information about Shakatak at: www.shakatak.com



Satira Spa at The Herbs Hua Hin – practicing the “longevity of happiness”

Five-star hotels may dominate Hua Hin's aromatherapy massage market but there are plenty of little gems just waiting to be discovered. A gleaming example is the Satira Spa

Located on Petchakasem road at The Herbs Hua Hin boutique hotel, Satira Spa offers a wide range of massages and therapies conducted in private treatment rooms that offer luxurious comfort.

Guests can slide into their own bathtubs and enjoy aromatic herbal baths, wash themselves down in the shower using Satira Spa's renowned body scrubs and lotions, or simply lie back on a treatment bed and slip into a relaxing trance at the hands of an expert masseuse.

Satira Spa is owned and operated by the Xanthavani family, who also own The Herbs Hua Hin and the delightful beach-front hotel The Herbs by the Sea. While the spa is relatively new, opening in April this year, The Satira name is already well known thanks to its herbal teas, scented candles, facial products, soaps, lotions, and massage oils which have been internationally exported since 1999.

All treatments at Satira Spa are conducted using these products, which are made from indigenous herbs and spices, natural active ingredients from botanical extracts, and therapeutic pure essential oils.

Translated from Thai, Satira means “longevity.” The spa embraces the philosophy of its motto: “The longevity of happiness” by focusing heavily on thoroughly relaxing massage techniques that leave a lasting impression.

For a wonderful spa experience that will leave you walking around with a stupid grin on your face for several days, choose Satira Spa's Thai Herbal Indulgence package. This 240 minute

treatment incorporates a herbal foot soak, herbal compress, floral bath, fruits and herbal tea refreshment, body scrub, a body massage of your choice, and a purifying or hydrating facial treatment.

Another great choice is the Thai Vitality package. A fantastic energy boost for anyone who feels like they need to recharge their batteries, this treatment features a herbal foot soak, royal Thai massage, and relaxing aromatherapy massage.

As well as the spa packages mentioned above, Satira Spa offers an extensive menu of one hour treatments that all offer fantastic value for money. The wide variety of options includes Swedish massage with warm oils, mangosteen scrub, beautiful eye treatment, detoxifying dead sea mud mask, and detoxifying Thai herbal steam.

With all treatments conducted by highly trained staff with many years' experience in the trade, you can rest assured that you are in the hands of true professionals.

The only problem encountered at Satira Spa is that you eventually have to leave - but you can always take a little bit of the spa home with you. A range of Satira products are available at special prices near the reception, and you can always pick them up in Bangkok at Siam Paragon and Pullman Bangkok King Power.

Take this article along to Supatra Spa this month to receive 25% DISCOUNT on all treatments.

Don't forget that several spa packages are up for grabs in the BigChilli Hua Hin's third anniversary competition – see the inside back cover.



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Celebrating 10 years of the Hua Hin Regatta

The 10th Hua Hin Regatta will be held on the waters off Hua Hin beach from July 31 – August 2. With many coveted trophies up for grabs, competition is going to be fierce



AROUND forty years ago His Majesty King Bhumibol Adulyadej built and sailed his own OK Dinghy (Royal Vega 1, number Th 18) across the Gulf of Thailand from Klaikungwon Palace, Hua Hin, to the Marine headquarters in Sattahip; a 17 hour voyage that covered 60 nautical miles.

It was a journey that not only inspired the creation of the Royal Yacht Association of Thailand under the royal patronage of His Majesty the King (YRAT), but one that also gave birth to sailing competitions in Thailand.

The most revered of these initial contests was the 'Sailing across the Thai Gulf' competition, which was established in 1964 and saw sailors competing to win the honour of having their name inscribed on the rudder of the Royal Vega 1, which was graciously donated by His Majesty the King as a prize.

Fast forward to the year 2000, and that honour was then made available to the winner of the Royal Vega Rudder Race in the inaugural Hua Hin Regatta.

Since that first competition, the Hua Hin Regatta has rapidly grown in popularity, and alongside the Royal Vega Rudder Race (which comprises boat types: Laser, 420, 470, Catamaran, and Farr Platu 25) now offers two more racing categories.

The first of these is the 'Thailand National Championship 2009,' which is for Thai nationals only, and for boat categories Super Mod and OK Dinghy. The former are held in particular high regard in Thailand as they were designed by His Majesty the King. The winner of the Super Mod race receives the King's Cup; and the winner of the OK Dinghy class the Queen's cup. Testimony to the growing popularity of the competition, in 2006 61 Super Mod racing boats competed for the King's cup; and last year, 80.

The second category is the 'Thailand Open Championship Race.' This race is for Optimist, Laser, 420, 470, Catamaran, and Farr Platu 25 types of boat. The winner receives the Princess Kanlaya Niwattana's Cup.

Over 300 boats are expected at this year's regatta.

Competitors from Singapore, Russia, Malaysia, Hong Kong, and France have already confirmed their attendance, and organisers expect representatives from many more countries to sign up before the end of the month.

Most of the racing preparations during the regatta will take place on the beach in front of the Sofitel Centara Grand Resort and Villas, Hua Hin. Each day at 1pm the Royal Thai Navy will provide a boat to take spectators right into the heart of the action – a colourful spectacle not to be missed.

The organizing authority of the regatta is the YRAT - working in conjunction with the Royal Thai Navy, Tourism Authority of Thailand, and District Authority of Hua Hin.

For those who would like to know more about sailing, the Royal Thai Navy provides training courses for beginners every year in April and September. For more information, contact the YRAT on 02 472 0852, 02 475 5455 or 038 438 594.

For more information about Hua Hin Regatta, and full notice of race, see www.yrat.or.th

Why this will be the best Hua Hin Regatta yet

Supatra Chirathivat, Senior Vice President - Corporate Affairs & Social Responsibilities Centara Hotels & Resorts, reveals more about the exciting activities planned for this year's Hua Hin Regatta, and explains what Centara must do as sponsors of the event

For how many years has Centara Hotels & Resorts been sponsoring the Hua Hin Regatta?

The Hua Hin Regatta (held from July 30 – August 2) is now in its tenth year and Sofitel Centara Grand Resort & Villas Hua Hin on behalf of Centara Hotels & Resorts has been sponsoring the event since the beginning.

What made you decide to sponsor the Regatta?

Our main objective in sponsoring the event is to honour His Majesty the King, who has such a keen and expert interest in sailing and who has done so much to encourage the sport in Thailand. We wish to provide all the support we can to the Yacht Racing Association of Thailand, which is under His Majesty's patronage and in organising the event. We also of course want to promote Hua Hin as a holiday destination. Hua Hin is a charming and historic town, with two beautiful royal palaces and the most wonderful beach and unspoiled natural scenery.



As a sponsor of the Regatta, what services and support do you provide?

Most of the functions and activities are held at the Sofitel Centara Grand Resort & Villas Hua Hin, which with its beach-front location, large gardens, grand ballroom and numerous function rooms is very versatile. We host the press conference for the local and international media, and provide the press room and facilities. The most important event is the awards presentation ceremony, when at least 350 guests will be present. We also assist in PR and promotional activities to attract tourists to travel to Hua Hin during this period.

What are the biggest challenges you face sponsoring a big event such as the Regatta?

I would say it is in presenting the big picture, ensuring that we play our part in making this one of the great fixtures on the international yachting calendar. We carry a great responsibility in that regard, towards His Majesty, towards the Regatta, towards Hua Hin, and towards Thailand.

What's the most pleasing aspect of sponsoring the event?

To be in a position to make such a positive difference. Our resort hotel is such a lovely, historic building, dating right back to the earliest days of Hua Hin as a resort town. It is the perfect setting for the Regatta's events, and we are in a position to ensure that participants and visitors carry away with them fond memories of Hua Hin. That to us is very pleasing, very satisfying.

Do you think this year's Regatta will be the best yet?

We are very confident that this will be a successful Regatta, because the event has been better and better each year. The important aspect is that the event is growing in fame and reputation internationally each year, attracting more and more people from overseas to take part and to watch. So each year becomes better than the previous one.

Is there anything extra special this year you have planned during the event that visitors to Hua Hin should not miss?

This year we are marking the 100th anniversary of Hua Hin. Visitors will find there are many activities arranged around the town in celebration of this anniversary. We ourselves have a full programme of special menus and promotions in our restaurants throughout the Regatta and beyond, starting with a grand barbecue at the beach on Palm Terrace on Friday July 31. August sees food promotions in our Railway Restaurant, including the Café de Paris dinner that features a tremendous selection of classic French dishes, and the Alpine Collection, with an à la carte menu of modern dishes from the cantons of Switzerland. We have a special menu of Tajima Wagyu beef at our Hagi Japanese Restaurant, and our Salathai Restaurant has a Lanna menu of dishes from Chiang Mai throughout August.



Tanarat military camp – adventurous activities for the whole family to enjoy

Take a walk on the wild side at Thailand's biggest military camp where golfing, canoeing, rock climbing and paintballing are just some of the exciting activities on offer

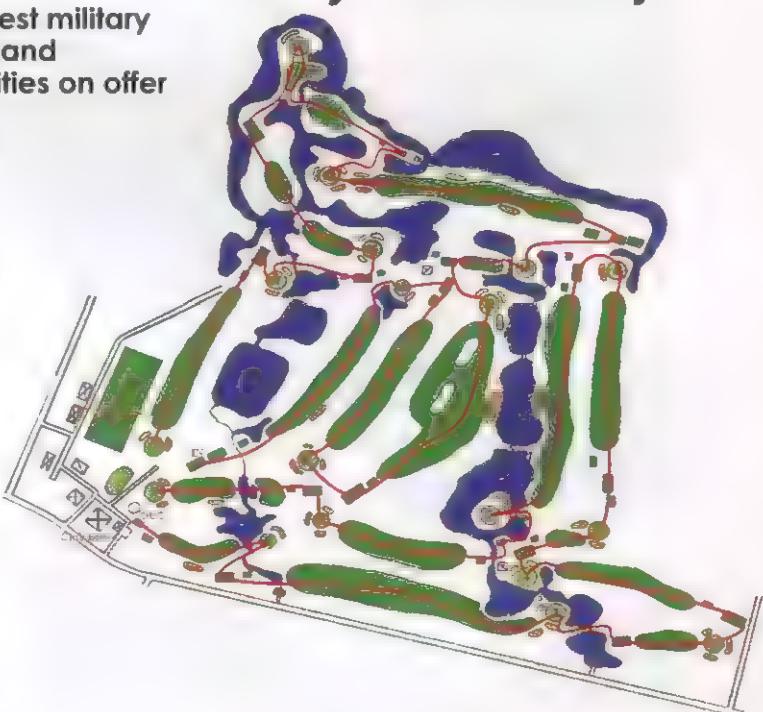
Back in 1959, Thailand's then Prime Minister Field Marshal Sarit Tanarat travelled to Thailand's northern regions and immediately fell in love with the countryside and forests. Determined to protect these areas of natural beauty, he hurried back to Bangkok and proposed an idea to create a national parks' system similar to that found in countries in the west. In 1961, he achieved his dream – Thailand's National Park Act was passed.

But this wasn't his only environmentally friendly achievement.

Take a trip 20km south of Hua Hin on the main Petchakasem Highway and you'll come across the Tanarat Military Camp. Established by Tanarat in 1960, the camp covers an area of over 50,000 Rai, and stretches from the highway to the Myanmar border. A stunning area of natural beauty, the camp boasts a mountainous landscape rich with vegetation. It is officially recognized as the largest military camp in Thailand, and one of its chief aims is to preserve the environment.

Providing its own schools, banks, department stores, cinema, and even its own radio station, the camp is home to around 30,000 people. It's also an award-winning tourist destination, attracting over 100,000 visitors each year.

It's not only the area's breathtaking scenery that pulls in the





adventure walks arranged by the camp (for the latter option you must be in a group of ten or more people).

Arranging team-building activities for large groups is something that Tanarat Military Camp excels at. Every year the camp plays host to schools, colleges, and companies who arrive at the camp to tackle obstacle courses, rock climbing, a 34 ft jumping tower, leadership training courses and much more. As well as one day excursions, the visitors can choose to sleep in tents at the camp and enjoy the activities over several days.

Most of these team building activities are usually aimed toward the Thai market, but Tanarat Military Camp is more than happy to offer its facilities to foreign groups who would like to arrange their own activities.

If all the physical activity wears you out, you can always



take a trip to Tanarat Military Camp's own hospital. Alongside qualified doctors and nurses, this fully operational hospital employs practitioners of Chinese medicine and acupuncture, and expert massage therapists. While you're sat having aches and pains massaged away you may even wonder if there is anything Tanarat Military Camp doesn't do.

Well, one thing it doesn't have is a big sign outside the camp written in English. But this is no major issue as the entrance to the camp, complete with guards stood in military uniform, is hard to miss. Upon arrival one of the guards will greet you, check your ID, and then you are free to drive into the camp.

Located not too far from the main entrance and on the right hand side is the car park for the Tanarat Fort Golf Club. Here you will find a tourist information office where you can learn more about the camp and its activities.

*Tanarat Military Camp, Pranburi.
Prachuap Khirikhan 77160.
Tel: 03 262 1730, 032 555 158*



visitors, but a long list of attractions that includes rock climbing, adventure walks, paintballing, gun shooting, swimming, tennis, football, and an 18 hole golf course (Tanarat Fort Golf Club).

The biggest draw for foreign visitors is the golf course. With one year membership costing only 8,000 baht, and green fees a mere 100 baht, it's a much cheaper option than many other golf courses in the region (non-members can arrive on the day and pay only 600 baht).

Granted the course doesn't offer the same high standards set by Hua Hin's big name golf clubs, it still provides a decent challenge and is perfect for anyone looking to improve their game.

The land has hardly been altered within the camp so Tanarat Fort offers a natural golfing experience. The first hole, a challenging Par 4, is a good introduction to the course's style of play; and soon stamps any golfer who tees off thinking the course looks easy.

The signature seventh hole proves to be nice and tricky too; a Par five with the green located on an island.

Other facilities at the golf club include a large driving range and putting practice area. Both foreign and Thai visitors can also arrange to learn some new skills with one of the club's on-site instructors. Buggy hire is available.

Located near the golf course is the Military Museum of Army Infantry, which charts the history of the camp and its achievements. Next to the museum is the Sarit Tanarat Memorial. Both can be visited for 10 baht each.

Adventurous types can arrange to travel further into the camp to experience the natural beauty of Ta Sadej. Located on the banks of the Pranburi river, this scenic area is teeming with ancient plant life and offers plenty for nature buffs to get excited about. You can view wildlife from the Khao Nai observation area, enjoy canoeing along the river, ride bicycles on several trails, and even test your skills in special

The Rez Restaurant – alfresco dining at The Residence Hua Hin

Succulent barbecues are the order of the day at this cozy lakeside restaurant



Located at Hua Hin's new luxury villa resort, The Residence Hua Hin, The Rez Restaurant offers alfresco dining on a wooden terrace overlooking the resort's own lake (where you can enjoy a spot of fishing if you like).

The restaurant has only been open for two months, but it's already proving a big hit with Hua Hin's expat crowd, who arrive on Fridays and Saturdays to enjoy the restaurant's sumptuous barbecue buffet nights.

Available the rest of the week is an extensive a la carte menu that boasts everything from spring rolls and spare ribs, to spicy Thai salads and pizzas fresh from the oven. There's nothing fancy about what's on offer, it's simply hunger busting, tasty food set at more than reasonable prices.

The restaurant's Head Chef Khun Chit is Italian trained, and this shows in the high quality of his pizzas. Recommended is his Seafood Pizza, which is thin and crispy, and topped with cheese, herbs and a generous helping of squid, mussels, prawns, and other deep sea delights.

As Chef Chit is Thai, it's no surprise that he's also well-versed in the arts of local cooking, producing an excellent range of Thailand's most famous dishes, including a superb Tom Yam Gung.

He also looks to China for inspiration, and creates non-fried spring rolls that are loaded with basil and salmon, and packed full of flavour.

The meat selections at The Rez will satisfy the most ravenous of carnivores. Not to be missed are the marinated spare ribs, whose meat literally melts in the mouth. Add a piping-hot jacket potato, fresh salad, and a cold glass of beer to the mix, and you've got yourself a delicious, hearty meal.

When it comes to decoration, The Rez goes back to basics. There are no fancy ornaments and gimmicks used here; they're not needed. Nature takes centre stage and performs admirably, providing a vista of rolling hills dense



with tropical plant life, and a soundtrack that changes from birdsong during the day to a chorus of insects at night.

The best time to visit The Rez is during in the evening. Not only will you benefit from cooler temperatures, but you'll also experience a more intimate atmosphere thanks to the restaurant's well placed lighting.

The Residence Hua Hin is accessed via a long winding road from Hua Hin Soi 6. Full directions and further information can be found at: www.residence-huahin.com
The Rez, The Residence Hua Hin, 1500 Tanon Chonpratan, Amphur Cha-Am, Petchaburi, 76120 Tel: (+66) (0)32 523555
Fax: (0066) (0)32 525500

All in French taste - The Living Room's exciting new concept

Fredrik Larsson is the new Chef de Cuisine at The Living Room restaurant. This month he launches an exciting new menu featuring French cuisine with a modern twist. Here he reveals more.



When Chef Fredrik Larsson was a boy he wanted to be a professional skateboarder. But something happened to change all that: He discovered food - and the excitement of being a chef.

Trading skateboards and bruised knees for chef's whites and occasional burnt fingers, Swedish national Fredrik has never looked back. After completing his chef's training in Sweden, he's travelled the globe perfecting his skills working in award-winning restaurants in Mallorca, Paris, and New York, and has spent the past two years in Thailand as Chef de Cuisine at Evason Resort & Six Senses Spa, Phuket.

Now he brings his unique talents to Six Senses Hideaway Hua Hin, where he has been charged with developing a new dining concept at the resort's esteemed Living Room restaurant. A challenge the young chef is relishing.

"It's a dream come true to be working here," says Fredrik. "It's an exciting time for me as I will be developing a new French menu that reflects the most important aspects of cooking – keeping things simple and light, but bursting with flavour."

Officially launched at the end of July, Fredrik's new dinner menu features classic French cuisine that's been given a contemporary twist.

A good example of the food style is the Tuna Nicoise Salad, which is made using produce from the resort's own organic herb and vegetable garden.



and therefore wonderfully fresh. Chef Fredrik breathes new life into the traditional dish with the introduction of yellow-fin tuna, and satisfyingly creamy slow-cooked egg yolks.

Another triumph is the Braised beef cheek. Cooked for over eight hours, the succulent meat retains all of its flavour and literally melts in the mouth. "Not many chefs use this cut of meat because they don't know how to cook it," says Chef Fredrik. "But when it's done right, the results are excellent."

Perhaps the most exciting news for diners is that Chef Fredrik is also developing a degustation menu, with each dish served with an organic wine.



"It's all very exciting," says Chef Fredrik with a smile. "The degustation menu will be a four hour culinary journey based upon the a la carte menu. The idea is to get guests to talk about what they are eating, creating an enjoyable interactive dining experience."

The Living Room can not be beaten for atmosphere. Guests dine in large, comfortable outdoor salas overlooking splendid lotus ponds. Subdued lighting and candles create an intimate mood, making the restaurant a great choice for a romantic meal.

A good time to visit this month is July 28 when the Living Room hosts a Penfolds Wine Dinner. To book a table, or to find out when Chef Fredrik's new menu will be available, use the contact information listed below.

**Six Senses Hideaway Hua Hin, 9/22 Moo 5 Paknampran Beach, Pranburi, Prachuap Khirikhan 77220
Tel: +66 (0) 32 618 200,
Fax: +66 (0) 32 632 112, (0) 32 632 131
Email: reservations-huahin@sixsenses.com
www.sixsenses.com**

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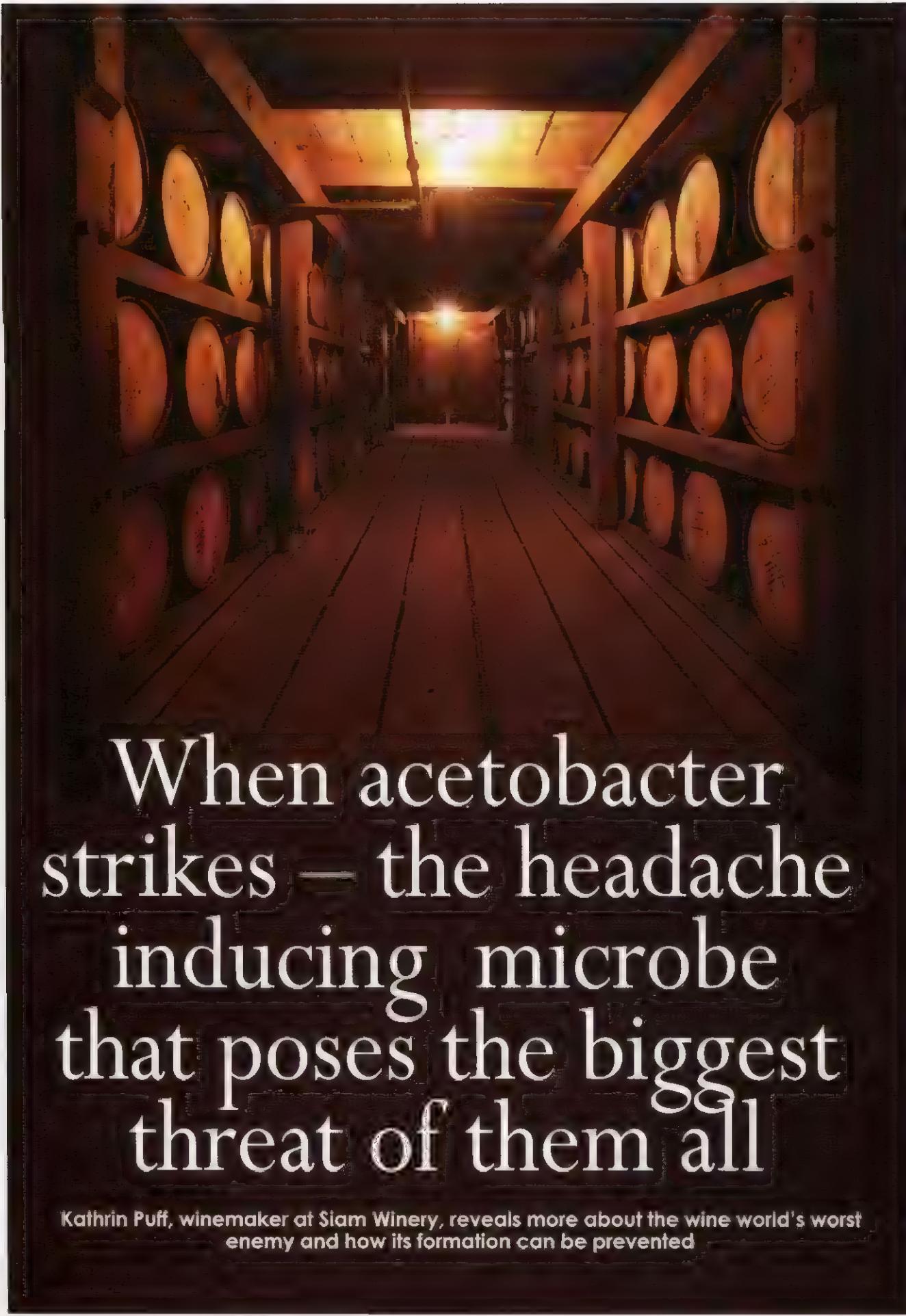
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BANK OF AYUDHYA



When acetobacter strikes – the headache inducing microbe that poses the biggest threat of them all

Kathrin Puff, winemaker at Siam Winery, reveals more about the wine world's worst enemy and how its formation can be prevented

WHEN considering all that can go wrong in the winemaking process it is no surprise that wine makers are constantly worried about their product. Every winemaker wants to produce an excellent wine, and each suffers terribly when something goes wrong during the process. Over the past couple of months I have discussed several factors which can cause winemakers headaches, but this month I would like to explore the biggest nightmare of them all - ACETOBACTER.

Acetobacter is a microbe which causes wine to turn to vinegar. And while fans of salads may appreciate the resulting liquid in combination with some olive oil, the introduction of this microbe signals doomsday for the winemaker - the wine is spoilt, ruined, gone; undrinkable. And worst of all: Acetobacter can spread through the whole wine cellar.

A closer look at this little wine enemy and the reasons for its introduction become clear.

Oxygen plays a key role in Acetobacter's metabolism. The presence of oxygen can result in ethanol (alcohol) being oxidized to become ethanal (Acetaldehyde – flavours such as cut apple). This is the first step toward the production of acetic acid, which in turn promotes the growth of Acetobacter.

As previously mentioned, Acetobacter can affect a wine if the microbe is already present in other barrels in the wine cellar and infected equipment is being used throughout. However, Acetobacter will only continue to form under the following conditions:

- The wine tank is not full, which means a large surface area of wine is in contact with the air.
- The wine was enriched with oxygen during racking, and then moved to a tank that has not been topped up.
- The surface of the wine in the tank remains undisturbed for a long time.



All of these points favor a rapid growth of Acetobacter and a fast spoilage of the wine. Therefore, keeping all tanks full without exception is the number one rule in winemaking.

- The pH of the wine is high, free SO₂ is low, alcohol is low, and temperature is favorably high.
- Some wine remains in hoses or pumps after work.
- Wine residuals remain on the cellar floor after work.

All of these points favor a rapid growth of Acetobacter and a fast spoilage of the wine. Therefore, keeping all tanks full without exception is the number one rule in winemaking.

In case of infection, only sterile filtration will help a winemaker out of the dilemma, but this does not decrease the "volatile acidity" already present in the wine. There is an imposed limit for volatile acidity in wine, and exceeding the limit means that the wine is spoilt by law – hence the big headache for winemakers.

And there's another headache that comes from wines with too much acetaldehyde, and this one lies with the drinker.

Acetaldehyde is the root of the famous hangover the morning after too much booze. Our liver oxidizes all alcohol, which means it turns ethanol to ethanal. This means more you drink, the higher the concentration of acetaldehyde and the bigger the headache.

If acetaldehyde wasn't kept to a minimum in a wine, your pain the next morning after drinking it would be doubled!



About Kathrin

Kathrin Puff is Winemaker at Siam Winery. She oversees the production of the award-winning Monsoon Valley Wines, as well as other Siam Winery products such as Mont Clair and Fresco.

Born and raised in Germany, Kathrin has enjoyed a wine career that's taken her around the globe, and she has gained significant experience in winemaking in both the new and old worlds.

Not only did Kathrin spend almost 6 years working in Italy's most notable wineries - including the Azienda Dievole Winery, where she was promoted to be chief winemaker – but she also took on the role of Associate Winemaker during two different vintages in New Zealand, 2005 and 2007.





The intriguingly named Ma Long Du, literally 'come and see', is located close to the entranceway of the Baan Issara Resort Condominium in Soi 102. The restaurant is a modern looking eatery serving up a welcome taste of tradition. The highlight of the menu is the beef green curry with roti; the traditional way to eat this delicious meal. All dishes are served with complimentary herbal drinks. Rich desserts such as Thai adaptations of pound cake and jam roll finish off the meal. Ma Long Du is open from 11 a.m. – 9 p.m. Closed Wednesday.

Baan Issara, Soi 102, Prachuap Khirikhan 77110 Tel: 032-526511, 081-5507234



This delightful beachfront restaurant is a great spot for al-fresco dining. Pushed up against the water's edge it has an easy going charm, good food and drink. The menu features a wide selection of delicious seafood dishes. Of note is the stir fried mud crab with X.O. sauce. A piquant tom yum with fresh prawns, pineapple and the flesh of young coconut offers an interesting variation on a classic dish. Open from 11.00 a.m. until 22.00 p.m.

Phetkasem Road, Hua Hin, (next to the airport).
Tel: 032 547 253-4



Open for over ten years, Mamma Mia's reputation as one of the best Italian restaurants in town is well-deserved. A wide selection of classic dishes made with the finest local and imported ingredients make it a showcase for genuine Italian home style cooking. The menu includes a wide selection of salads, soups and antipasti, including all the classics. Beautifully cooked fresh pasta dishes, and Claudio's ever-popular pizzas pulled from a wood-fired oven are highly recommended. Voted as one of the best 150 restaurants in Thailand three years running.

19 Damnoenkasem Road. Tel: 032 512 250



The Blue Orchid has moved and is now located on Chomsin Road on the Mezzanine floor above the well-known Brasserie BELGA. Owned by Gaston Pousset, the restaurateur behind the highly successful La Paillote, The Blue Orchid boasts the same high quality French cuisine served in a relaxing modern setting. Lining the walls is contemporary Thai art created by local artists.

The Blue Orchid, Petchkasem Road – Soi 70 Hua Hin
Tel: 086 009 51100



Featuring authentic traditional Italian dishes packed full of flavour, La Grappa boasts a range of antipasti, soups, pasta, grilled meats, seafood, pizzas from the wood fired oven, and much more. Many of its dishes can not be found in any other Italian restaurant in Hua Hin. There's also a great range of Italian wines at more than reasonable prices. Dine in La Grappa's rustic interior, or go alfresco on the street side terrace.

La Grappa Ristorante Pizzeria, 20/5 Poolsuk Rd., Hua Hin, Prachuabkhirikhan. Tel: +66 (0) 3251 6510. Set Lunch 12 noon – 14.30. Open for Dinner 18.00 – 23.00. Parking Available at Hua Hin Temple. Ricardo plays his guitar at Lunch on Saturdays and Sundays.



This charming French restaurant is the ideal place to enjoy an evening of fine food in relaxed surroundings. The fresh and colourful décor brings to mind citrus-scented Mediterranean evenings, as do the excellent range of aperitifs, wines, beers and digestifs. Although the culinary roots of La Paillote's cuisine are classically French, the kitchen team enhances a rich culinary tradition with contemporary touches. A la carte menu and nine set menus available. Open daily from 11.00 a.m. until late.

174/1 Naresdamri Road, 77110
Tel: 032 521025



InAsia is the signature restaurant of the Sheraton Hua Hin Resort & Spa. This stylish restaurant invites diners to embark on a journey across the rich and varied culinary landscape of Asia. Diners can sample gourmet dishes from Thailand, Japan, Vietnam, China, Malaysia and India: all faithful to authentic flavours yet presented with modern flair and creativity. Dishes are complemented by an excellent list of wines of the world, and exotic cocktails. InAsia is located on the first floor of the resort. Dinner is served from 6.30 p.m. until 11 p.m. Sheraton Hua Hin Resort & Spa, 1573 Petchkasem Road, Cha Am Tel: 032 708 000



Set within the secluded compound of the much-lauded Barai at the Hyatt Regency Hua Hin, McFarland House provides enthusiastic epicures with a delightful evening of casual dining. Seated under a historic traditional stilted teak house, guests can recline in comfort and enjoy a sea view framed by palms and mature trees. Peaceful and scenic, there are few finer places to sit while savouring fine wine and contemplating a well-conceived menu of snacks, light bites and desserts. McFarland House is an excellent choice for Sunday lunch. Hyatt Regency Hua Hin, 91 Hua Hin-Khao Takiap Road. Tel: 03251 1234



The award-winning White Lotus on the 17th floor of the Hilton Hua Hin Resort & Spa offers sky-high dining at down-to-earth prices. Chef Thitiwit Pakamataput cooks up delicious Cantonese and Szechuan cuisine. A highlight of the menu is the braised Australian beef with seasonal vegetables in a black pepper sauce. A good wine list and advice on pairing with Chinese cuisine is available from the sommelier. At weekends and public holidays White Lotus serves an authentic Dim Sum lunch.

33 Naresdamri Road. Tel: 032 53 8999

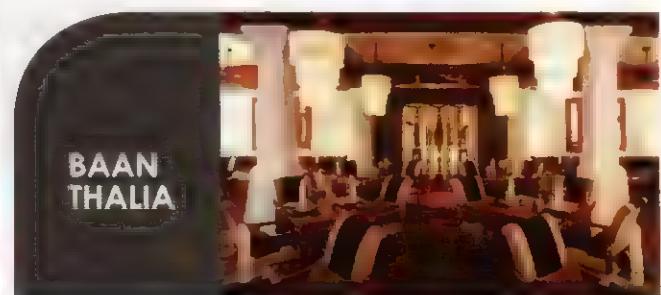


For lovers of Italian cuisine, Ciao at the Hua Hin Marriott Resort & Spa is a blessing. The charming beachfront restaurant possesses a style and ambience that few resorts can claim to have achieved. A concise one-page menu offers a carefully considered selection of dishes. The antipasti selection is highly recommended. The platter of Italian temptations is the ideal accompaniment for the fine wines from Ciao's excellent cellar. The restaurant serves delicious appetizers, soups, salads, pasta, thin crust pizzas, main meat and fish dishes, irresistible desserts. Hua Hin Marriott Resort & Spa, 107/1 Phetkasem Beach Road. Tel: 032 511 881



This stylish Japanese restaurant established by the Sofitel Centara Grand Resort & Villas possesses an air of sophistication and understated beauty. Diners can enjoy an excellent selection of contemporary and traditional Japanese dishes, each one beautifully executed and presented with artistic flair. The eclectic menu features a sushi, sashimi, noodles, and much more. A 16-seat teppanyaki kitchen turns cooking into theatre, creating a dramatic dining experience. The restaurant has also started to run weekly cooking classes. Open from 3:00 p.m. - 10:30 p.m.

Damnernkasem Road intersection. Tel: 032 512 021-38



This exceptional restaurant at the Anantara Resort Hua Hin is perfect for a memorable night's dining. Baan Thalia serves excellent Italian cuisine complimented by a selection of international wines. Diners can relax in the air-conditioned comfort of the stylish restaurant and select tempting culinary delights from the extensive menu. A highlight of the culinary week at Baan Thalia is the Sunday evening grazing menu. The whole experience is simply divine and must rank as one of the most satisfying evenings of dining available in Hua Hin. Anantara Resort Hua Hin, 43/1 Phetkasem Beach Road. Reservations tel: 024 770 800

[ACCOMMODATION GUIDE]



This beachfront resort is a favourite of Bangkok's well-to-do as a weekend retreat. It features 296 guest rooms, all with balconies that provide views of the sea, gardens or pool. The Grand Rooms and Dusit Club Rooms have recently been refurbished and combine classic European décor with Thai craftsmanship. The resort offers several dining option including San Marco Italian Restaurant. Thai cuisine can be enjoyed at Baan Benjarong. Facilities tennis and squash courts, a fitness centre, riding track, and the Devarana Spa.

1349 Petchkasem Road, Cha-Am. Tel: 032 520 009



This fine resort features one of Hua Hin's finest examples of early 1900's architectural style. The beachfront resort has been faithfully restored to its former glory by the family who once lived there. Guests staying at Baan Bayan can experience the glory of a bygone era in its colonial style structure, yet without sacrificing the modern day comforts and amenities. It has 21 rooms comprising of three suites, 10 sea view rooms and 16 rooms with views of the courtyard or tropical garden.

119 Petchkasem Road. Tel: 032 533 544



This stylish resort skillfully marries Mediterranean-influenced villa accommodation with the best contemporary Thai interior design flair to create a unique experience. Putahracsia is a secluded sanctuary with 36 SilkSand rooms bordering a magnificent swimming pool and mini beach. Interiors emphasize the 'sleek and chic' approach to modern design. The Oceanbed Villas are truly exceptional, providing some of the highest quality accommodation and service in Hua Hin. The resort feature a day spa, and superb dining opportunities at Nahb Talay and Oceanside.

22/65 Nahb Kaehat Road. Tel: 032 531 470



The most recent brand name to move in the area, Alila has a reputation for creating chic design-led environments. Strong visual elements and contemporary chic are meant to impress. Alila Cha-Am features 72 rooms and seven Pool Villas. Room types include Deluxe, and Deluxe Terrace. Décor, like the exterior of the resort is minimalist in style. The spacious rooms have plain concrete walls. There is a strong emphasis on the hi-tech. All rooms include WiFi, Apple TV with a music and film collection, and ambient lighting.

115 Moo 7, Tambol Bangkao, Cha-Am. Tel: 032 709 555



This imposing resort in the centre of Hua Hin is regarded as one of the best family hotels in the region. Accommodation features comfortable rooms and suites, providing guests with a living space that exhibits contemporary Thai design flair and good in-room amenities. There are also 11 Spa Suites available. The award-winning White Lotus on the 17th floor of the Hilton Hua Hin Resort & Spa offers sky-high dining at down to earth prices.

33 Naresdamri Road. Tel: 032 538 999



Few hotels in the region can have undergone such a radical and welcome transformation as the recently rebranded Courtyard by Marriott Hua Hin at Cha Am Beach. This imposing beachfront resort has benefited from an extensive refurbishment and emerged as one of the most pleasant value-for-money properties along the coast. The resort features 243 ocean view rooms. A highlight of the resort is the Kid's World. MoMo is a chic alfresco setting is the perfect location for a romantic dinner for two or a relaxed get together with friends.

854/2 Buriram Road, Cha-am Petchburi, 76120
Tel: 032 70 8300



SHERATON HUA HIN RESORT & SPA

Sheraton brand in Hua Hin is a delightful low-rise resort comprising of 240 luxurious rooms and suites, 56 of which have direct access to a 200-metre lagoon-style swimming pool. Stylish and elegant, they provide a generous 49 square metres of light and airy living space. Facilities at the resort include five restaurants and bars, the highlight being InAsia, the resort's signature restaurant. Other options include Luna Lanai, a laidback beachfront bar. The Aspadeva offers an extensive menu of massage and body services.

1573 Petchkasem Road, Cha-Am. Tel: 032 708 080



SOFITEL CENTARA GRAND RESORT & VILLAS

Set within 13 hectares of landscaped gardens, the property dates back to 1923 and is one of Southeast Asia's most renowned hotels. The luxurious colonial-era beachfront resort features 207 beautifully appointed guestrooms and suites, each one offering comfort and convenience. The Pool Villas include four Deluxe Spa Villas with queen sized twin bed, lounging area, bathroom with rain shower, and oversized Jacuzzi bathtub. Refined dining is available at Sala Thai, Hagi, the Railway Restaurant, and Palm Terrace. Guests can unwind in the Elephant Bar or Satchmo Club.

1 Damnernkasem Road, Hua Hin. Tel: 032 512 021-38



This resort-spa is situated at the heart of 20 acres of beautifully landscaped gardens and faces the Gulf of Thailand. Pool villas and guest rooms are connected by a series of wooden walkways that meander between lush greenery. This is a retreat for those seeking time to relax and recharge. In The Restaurant guests can sip exotic cocktails, ice-cold beer or boutique wines while watching chefs cook and construct creative appetizers. The award-winning Earth Spa is one of the most visually striking in Thailand.

9/22 Moo 5 Paknampran Beach, Pranburi. Tel: 032 632 111



Located at the heart of over twelve acres of beautiful landscaped gardens and ponds, all trimmed by a 200-metre stretch of prime beachfront, the longest hotel beach in Hua Hin, this resort is a true paradise. Rooms provide five-star comforts including a large well appointed bathroom with tub and shower, a king size bed, contemporary décor and balcony or terrace. Dining is available at Figs Italian restaurant and the fabulously casual beachfront McFarland House. The stunning \$12 million Barai spa features 18 exotic treatment rooms and eight exclusive residential spa suites.

91 Hua Hin - Khao Takiap Road. Tel: 032 252 1234



Situated on the outskirts of Hua Hin, Asara Villa & Suite is a delightful seafront property featuring expansive and luxurious accommodation. Villas and suites are laid out on either side of central lagoon. Throughout all rooms the décor is contemporary Thai. Drawn from a predominantly white palette, rooms are given warmth with bold imagery and carefully chosen furnishings and design accents. Accessed through a private entrance that leads into a walled garden the one and two-bedroom Pool Villas provide seclusion in an exotic tropical environment. Kampu by Choice is the property's signature restaurant.

53 Hua Hin Soi 5, Petchakaseam Road, Hua Hin
Tel: 032 547555



The Aka Resort skillfully combines contemporary style and understated natural beauty with luxury to create a sophisticated and relaxing environment. A member of the Small Luxury Hotels of the World, each deluxe villa is accessed via a private entrance. The 160-square-metre one-bedroom Deluxe Pool Villa has a private infinity-edge swimming pool, sun deck with Sala pavilion and a garden courtyard with open-air sunken bath and garden shower enclosure. Also recently opened and just a short drive away is Aka Resort Guti. This option offers the same high quality but further exclusivity. Here there are also stunning views from each villa's own infinity swimming pool.

152 Moo 7, Baan Nhong Liang, Hin Lek Fai. Tel: 032 618 900



Demystifying Usufruct

Usufuct is a legal property right which is rich in history. Pronounced *yu-ze-frukt*, it is another civil law concept which may be quite foreign to those more accustomed to common legal systems. The term comes from the Latin phrase *usus et fructus* which is literally translated into 'use and enjoyment'. Like most civil law concepts, the term derives from ancient Roman law. In most of today's civil law environment, it is defined as the legal right to use and derive profit or benefit from property belonging to another person. Thailand has adopted this same principle in its Civil and Commercial Code where it is codified in section

1417. Here it states that "an immovable property may be subjected to a usufruct by virtue of which the usufructuary is entitled to the possession, use and enjoyment of the property." It goes further to clarify that "the usufruct of a forest, mine or quarry entitles the usufructuary to the exploitation of the forest, mine or quarry."

However, chances are you have no intention on mining iron ore or starting a pineapple plantation on the property of your dreams. You just want a holiday home to maybe retire in or some place you can buy and let. From the legal definition found in the Civil and Commercial Code, it is probably safe to say that the right of usufruct had its

foundation in agrarian traditions. Indeed, the term usufruct is used widely when defining land laws for tribal cultures where communal land ownership is common. Individuals had a right to farm on the plots assigned to them but they do not own it in person. The term fruits have traditionally referred to replenishable commodities on the property such as, for example, fruits, vegetables and livestock. However, over the centuries, usufruct has evolved to include prevailing concepts of 'fruits' such as rental payments accrued from the property. This, in effect, means it does have a practical application today for home buyers.



What it means for foreign property buyers?

Legal ramblings aside, all this comes down to the simple notion that there are more options available to foreign property purchasers in Thailand. It is another tool in the arsenal of civil codes available for home buyers. Usufruct works in many ways like a lease. It is a legal property right and is registered at the local Land Office to offer the usufructuary the enjoyment to the property. A usufruct can be registered for the life of the usufructuary or for a maximum of thirty years. During the period of the usufruct, the owner cannot sell or transfer the property to other third parties. Another benefit is that it would allow you to apply for a House Registration Certificate providing you with greater security on the property. This also means that you can safely rent out the property and receive a rental income from it. As a usufructuary, you may also lease the property to other parties and obtain profits from this. However, when the usufruct is terminated, the property must be returned to the owner.

Can usufructs be transferred?

Under section 1422 of the Civil and Commercial Code, you as the usufructuary have the legal authority to transfer your right of the usufruct to third parties of your choice. However, it should be noted that the right to a usufruct terminates upon the usufructuary's demise so it cannot be passed on to your heirs. This makes it a slightly less favorable option when compared to other property rights in Thailand such as leases and superficies where a well drafted contract may permit such succession rights.

However, there may be a way around this hurdle. As usufructuaries are allowed to lease the property to other parties, technically they may be able to provide their heirs with a further thirty year lease after the termination of the usufruct. Courts in Thailand have interpreted that a lease on a property granted by a usufructuary survives the usufruct itself. This is a rather complex method of succession planning but it can be effective if done correctly.

Usufruct vs. Common Law

A usufruct is very much like servitude in common law. This is also largely because the concept of servitude derived from Roman law as well. Indeed it possesses many inherent qualities of a usufruct. For example, an easement, which is form of servitude, allows the holder to enter the land of another and take some natural produce from the land such as mineral deposits, fish or game, timber, crops or pasture. Its cousin, the profit à prendre, is also similar in that they both can be assigned and dealt with as a valuable interest according to the common law rules of property. The difference, however, is that servitude is an incorporeal hereditament which means it can be passed on to your heirs whereas a usufruct terminates upon the death of the parties involved. In this situation, a usufruct then shares greater similarity to a life estate, which is still in use in some jurisdictions in the US, however, it has been replaced by the law of trusts in the UK. A life estate is where the ownership of the land is given

it should be noted that the right to a usufruct terminates upon the usufructuary's demise so it cannot be passed on to your heirs.





for the duration a person's life. The owner of a life estate cannot be left to heirs and nor can it be inherited.

How to avoid any problems

When you are thinking about procuring a usufruct on a property in Thailand, there are a few things to keep in mind. As a usufructuary, you have an obligation to maintain the property in proper maintenance including any petty repairs. This also includes payments for any taxes and duties as well as any interest owing upon it so be sure to check there is no outstanding mortgage on the property unless this is part of the deal. Also, you are not permitted to make any major alterations on the property.

You are responsible for any destruction or significant depreciation in value of the property unless you can prove that it is not your fault or the depreciation is caused by reasonable use. Due to this, it is prudent to list the items included in the usufruct in an inventory to avoid any misunderstanding in the future. This should also be registered along with the usufruct at the Land Office.

Another important factor to consider when talking about usufruct is insurance. The owner has the right to compel you to obtain insurance on the property and if insurance already exists, you are duty bound to maintain the insurance. This is also for good reason. The destruction of the property caused by fire or any other accidents will mean that the usufruct



terminates and reverts back to the owner unless 'compensation' is paid for its restoration. It is in the usufructuary's interest to have good and proper insurance on the property to fully cover the cost of restoring the property into its original condition.

Conclusion

Usufruct provides us with a significant means of securing our property interest in Thailand. Care, however, should be taken to understand the implication such a right offers. Despite its value, it is important to understand its limitations and take steps to avoid any problems in the future.

Siam Legal

We are Thailand's largest legal network with eight locations across the Kingdom. Our firm is staffed with 7 foreign attorneys and solicitors who work together with our 25 Thai lawyers. You can visit any of our offices for a free consultation regarding property, legal or immigration matters. Our Hua Hin office is located at 87/19 Petchkasem Rd. You can call us in Hua Hin at 032-516-375 or in Bangkok 02-253-8100. Please visit Siam Legal on the web at www.siam-legal.com/realestate where you can read over 75 related articles regarding the legal procedures for real estate transactions in Thailand.



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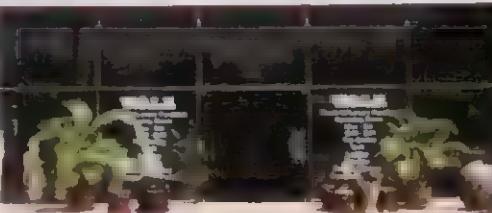
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Casadaeng Garden Apartments – luxury living at Khao Takiab beach

Architect Stefan Schlau reveals more about this exciting residential project and how it stands apart from its competitors



TWO years ago, German architect Stefan Schlau stood in the back garden of his house near the beach in Khao Takiab, Hua Hin, admiring the large trees in a neighbouring plot of land. Looking between the branches at a clear blue sky he was suddenly hit by a feeling of anxiety: what if a developer buys the land, chops down the trees, and builds a condominium that blocks out the sun, forever casting a dark shadow over his house?

"At that moment I realised I had to do something," explains Stefan, owner of Bangkok based architectural firm Atrium Design. "The land is near the beach, so I was afraid a big developer would eventually see its potential, and ruin the area by creating a sixteen-storey building. I could not let this happen."

And so the Casadaeng Garden Apartment project was born - a low-rise residential development which, once fully completed, will boast 15 large luxury apartments set around a beautifully landscaped central garden - including the original trees that inspired the idea.

The project is being developed in

conjunction with fellow long-term expatriates who all shared the same sentiments: build a property that preserves the environment by offering quality over quantity.

"Most developers create a large number of small apartments over many floors," says Stefan. "This way they maximize their profits. But this is not the case at Casadaeng. We are creating spacious private residencies with only one apartment occupying each floor.

"Not only does this have low impact on the environment, but it also offers a bigger, and much better living experience than what is offered by large-scale developments."

The first phase, which will open in February 2010, includes six large apartments split between two low-rise buildings. The second phase is larger, but will consist of two three-storey private houses, two double-height studio apartments, and a further six large apartments similar to those in the first phase. The project is located just behind Anantasila Villa Resort Hotel and a short walk from Khao Takiab beach.

Building to a maximum height of 15

metres only, Casadaeng offers spacious living in luxury apartments with ceiling heights of just over three metres. All bathrooms are finished with top-quality marble/ceramic tiles and American Standard sanitary fittings. Built-in kitchens are finished with granite counter-tops, and equipped with electric ovens, microwaves, ceramic hobs and extract hoods.

Being developed to a concept of 'outdoor living,' each apartment also boasts its own large outdoor private terrace. Perfect for parties and gatherings, this outdoor space is the same size as the spacious living rooms, and designed to be protected from both the sun and rain.

Other highlights at Casadaeng are its communal facilities, including a 25 metre swimming pool, jacuzzi, and sala with BBQ. A secure car park located at the project's entrance has space for up to 21 cars.

As well as its low height, Casadaeng also limits its impact on the environment thanks to its adherence to 'green building' guidelines set by LEED (Leadership in Energy and Environmental Design).



eco-friendly buildings, in developing Casadaeng he has ensured the guidelines set by LEED have been followed as much as possible.

"In most houses and apartments in Thailand, you could probably fry an egg on the inside of the wall, it gets that hot," says Stefan. "But Casadaeng's natural ventilation, thick insulated cavity walls, and careful orientation of windows (away from the hot afternoon sun)



mean air-conditioning will not really be needed."

This is not only good news for the environment, but also for potential buyers who will benefit from cheaper monthly electric bills.

Other cost-cutting and eco-friendly elements include solar water heaters, LED lighting, and a huge underground water storage tank. The tank will collect enough rainfall during Thailand's wet season to be used throughout the dry months for the main building, chemical-free oxygen pool, and the property's extensive gardens.

Casadaeng's luxury low-rise living has already captured the attention of tourists looking to secure the perfect holiday home, and three of phase one's six units have already been sold.

It may have started with a simple look at a tree, but Casadaeng has blossomed to become one of Hua Hin's most exciting property developments. With its modern design, huge living spaces, and location just a short walk from Khao Takiab beach, Casadaeng offers luxury living at its finest.

Stefan is one of only two architects in Thailand to be registered with LEED, and he has a long track record for producing environmentally-friendly designs which incorporate the latest green technology.

"Around thirty years ago I created a solar housing project in Germany which was chosen by the government as a major test project monitored and managed by the Fraunhofer Foundation," explains Stefan. "In 2006, I designed a zero-energy house in Hua Hin, and I recently collaborated on a prototype design for a renewable energy farm."

Even though Stefan can't win awards in Thailand for creating



Full floor plans and further details about the project are available on the Casadaeng website:
www.casadaeng.com

To visit Casadaeng Garden Apartments in Hua Hin, simply call or Email the Atrium Design office (details listed below) to arrange an appointment. If staying in Hua Hin, hotel pick up is available.

*Atrium Design, 22 Soi Polo, Wireless Rd.
Bangkok 10330, Thailand.
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atriumss@gmail.com*

Emerald Resort Hua Hin – holiday homes at excellent prices

Hua Hin's superb climate and laid back charm make it the ideal place for buying a holiday home. But with so many options on offer it's often hard to know where to start looking. One place that shouldn't be missed is Emerald Resort Hua Hin



Located in the heart of the mountains near the Banyan Golf Club and just a short drive from Hua Hin town centre, this new property development offers oriental style housing within a private gated estate.

Scheduled for completion in 2012, Emerald Resort Hua Hin boasts 107 plots of land ranging in size from 280 sq.m up to 764 sq.m.

Two types of villa are currently available. Type A covers a land area of 400 Sq.m. and offers a living area of 148 Sq.m. The villa has three bedrooms, two bathrooms, a dining room, a living room, European kitchen, car park, and garden with small swimming pool.

Villa Type B covers a land area of 280 Sq.m. and offers a living area of 108 Sq.m. This smaller two-bedroom villa provides the same number of rooms and facilities as those listed in Type A.

The properties at Emerald Resort are built using the finest materials and finished with fixtures and fittings manufactured by renowned brands such as Hafele. The villas have been designed to blend into their surroundings and are built no higher than one storey. This ensures each resident enjoys the spectacular mountain views and benefits from the year round cooling breeze.

The interiors of the villas reflect Emerald Resort's contemporary Thai design and are bright and airy. Well placed windows catch the breeze meaning air-conditioning is not always needed - a good energy saving feature that also helps to save costs.



Located at the heart of Emerald Resort will be a large club house. Here residents will find convenience stores and sizeable function rooms perfect for parties or business meetings. Next to the club house will be a spacious fitness room equipped with all the latest gym equipment, and a large outdoor communal swimming pool.

"Our aim is to capture the essence of a luxury holiday resort," says Khun Prasit Prannimitjitsaman, owner of Emerald Resort. "Not only by offering a range of communal services, but by creating an environment in which residents can truly unwind. This starts from the interior design of the villas, which offer

the biggest living space possible, to the large gardens where residents can relax with drinks while admiring the breathtaking scenery."

Prices of villas at Emerald Resort start at 1.99 million baht. The full list of prices and details can be found at www.huahinemeraldresort.com. To arrange a viewing of the available properties, contact the sales office listed below.

Emerald Resort Sales Office: 110/1 Petchkasem Rd, Hua Hin District, Prachuabkhirikhan Province, 77110, Tel: 03 2532 899 Fax: 03 2532 898 Email: info@huahinemeraldresort.com, emeraldggroup2008@yahoo.com www.huahinemeraldresort.com

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8
THE HERBS Satira spa

This month marks our third anniversary! And we're celebrating by giving you the chance to win some fabulous prizes from Satira Spa and The Herbs by the Sea!

All you have to do is answer the extremely hard questions listed below. Please send your answers (along with your full name and address) to: bigchillihuahin@gmail.com

Correct entries will be put into a lucky draw with winners announced in September. Deadline for submissions is August 15.

Question 1: Which of the following lists contains actual popular caves in Sam Roi Yod National Park?

- A) The Bat Cave, Albino Monkey Cave, and Nongnuch Cave
- B) Phra Ya Nakhon Cave, Kaeo Cave, and Sai Cave.
- C) Sai Yai Cave, Phra Ya Nakhon Cave, and Tao Kaeo Cave

Question 2: When was the Royal Hua Hin Golf Course opened?

- A) October 1922
- B) December 1909
- C) March 1914

Question 3: Hua Hin celebrates its 100th anniversary this year. What was the deciding factor behind the town's birth?

- A) When the first golf course in Thailand opened in Hua Hin
- B) When the railway line reached Hua Hin
- C) When the first polo competition took place in Hua Hin

Bonus: Answer the following and your comments may appear in a future issue of the magazine.

Question 4: What is your first impression about Hua Hin? Do you like Hua Hin? Why?

Question 5: In what areas do you think Hua Hin needs improving? (Please explain)

FIVE prizes are up for grabs. These are:

First prize: A voucher for the 'one hour Satira Synergy oil massage treatment at Satira spa' (value 1,600 baht).

Second / third prize: An 800 baht voucher for use on spa package treatments at Satira Spa.

Fourth / fifth prize: A 500 baht voucher for dining at the Thymes restaurant at The Herbs by the Sea.



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